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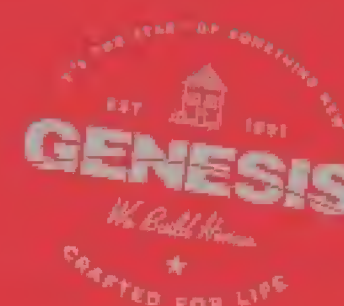


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Kim De Gagne stands amidst his Christmas trees, which he is selling to help pay for a trip to Hawaii with his wife, Alanna, while he still has the chance.

JENNIFER FRIESEN/  
FOR METRO



**“When I was first diagnosed, they said most people have one to three years to live.”**  
Kim De Gagne

## Trees could light up man's life

### GOOD CAUSE

### Hopes to sell enough to take wife to Hawaii before he dies

**Elizabeth Cameron**  
For Metro | Calgary

Kim De Gagne has one wish for the time he has left.

He needs to sell enough Christmas trees to take his wife, Alanna, on a trip to Hawaii.

De Gagne has been battling

multiple myeloma, an incurable blood and bone cancer, for three years.

“We don’t know how long I have. When I was first diagnosed, they said most people have one to three years to live,” he said. On Dec. 4, 2016, it will be three years since his diagnosis.

De Gagne has operated a Christmas tree lot in McKenzie Towne for the past 11 years, selling Balsam Fir Christmas trees from Nova Scotia and swags of fragrant branches.

Last year, De Gagne barely made enough money from his trees to cover operating costs.

He is unable to work because

of numerous doctor’s appointments, and a restriction on lifting more than 15 pounds at a time due to his bone structure. Alanna works full time to support them.

“It bothers me that she has to (work full time). For anybody, it’s a hard pill to swallow when you have to rely on someone else,” De Gagne said. “That’s why this tree lot is important to me. It allows me to do a bit of work.”

De Gagne said it would mean the world to him if he had the money to take his wife on a trip.

“I just think Hawaii would be romantic,” he said.

Their last vacation to the Dominican Republic didn’t go

smoothly. Kim spent half of the trip in the couple’s hotel room with stomach problems.

He said operating the tree lot is an important part of his holiday celebrations, and he looks forward to it each year.

“Seeing the smiles on kids faces and talking to people at the lot makes me feel really good,” he said.

E.J. Foley helps De Gagne at the lot. They’ve been friends for decades, but were brought even closer together after Foley was told he had lung cancer shortly after De Gagne’s diagnosis.

Foley has been in remission for the past year and a half.

### Details

Located at 8 McKenzie Towne Ave. SW, the lot is open Monday through Friday from 4 to 8 p.m., and on weekends from 10 a.m. to 6 p.m. Christmas trees cost \$11/foot, swags are \$15.

“For him to take his wife and have some quality time together without having to worry, I think it would give him peace of mind, should he go sooner rather than later,” Foley said.

### ENERGY

## City eyed for solar roadway

**Brodie Thomas**  
Metro | Calgary

A French company has its eye on testing a new solar technology here in Canada’s sunniest city.

Calgary officials are meeting with representatives of Wattway on Friday to discuss solar roadway technology.

“This meeting is in place just to gather basic information and find out if it’s something we may want to research more seriously in the future,” said spokeswoman Brittany Kustra.

Wattway is one of at least two companies working on the engineering problems involved with putting photovoltaic cells under a driving or walking surface.

According to a report in Bloomberg News, Wattway is looking for demonstration cities right now, and it has its sights set on Calgary.

The cost of the surface is quoted at between 2,000 and 2,500 euros (\$2,848 - \$3,561) per square metre, but Bloomberg reports that the company hopes to scale up and make the cost competitive with solar farms by 2020.

David Wood, NSERC/JENMAX Industrial Research Chair in Renewable Energy at the University of Calgary, said there are problems with solar panels on roads.

“Photovoltaic output is very sensitive to shading,” he said. “Every time a car or truck drives over a road mounted module, it will cut off energy production. On a busy road, production would be small.”

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At the City Hall CTrain station, a woman reads a poster to her child before boarding the train. HELEN PIKE/METRO

# Posters battling neo-nazi stickers

## RACE RELATIONS

### Inspiring signs appear after 'white pride' ones removed



**Helen Pike**  
Metro | Calgary

Before rushing to catch an inbound CTrain at the City Hall Station a mother points out the sign to her child and says "you see that, it says 'you matter so much.'"

The same week Calgary Transit worked to remove a couple of stickers for Calgary's Blood and Honour organization — a neo-nazi group responsible for some of the largest "white pride" parades in Canada — signs of encouragement have popped up in other parts of town.

The printer paper with black sharpie sign was still visible Thursday afternoon. And as Calgarians boarded trains, some

stopped to read what it said.

"You matter, it's a positive sign, encouraging and nice to see," said Ayesha Murtaza, who was waiting for a train. "I've heard of having these signs on bathroom mirrors ... people like this kind of thing."

That reaction is in contrast to the white, black and red Blood and Honour stickers, which have been removed from the city's Sunnyside station and stirred up concern from nearby passengers. Some said the sticker isn't OK in this day and age, especially with all the work done to be accepting in Canada.

"It just makes me feel like after all we've been through and all we've fought for, it's just not working," said Jennifer Hidber, a transit rider. "It's disheartening."

The group's website indicates it's a "nationalist organization and European cultural group." Their last meeting was Nov. 11, and in March, the group held a private "white pride" event.

"That sticker would scare a lot of citizens in Calgary," said Gabby Fletcher, another trans-

it rider.

It's not clear if the positive posters, and Blood and Honour stickers are directly connected.

Although the neo-nazi stickers have been flagged on social media as "hateful," according to Calgary Police the stickers aren't "hate speech."

"There are many groups who may say or do extremely offensive things, but it is not a crime to have an alternative view," said senior Const. Craig Collins, Hate Crimes Coordinator. "In order for something to cross the line into criminal hate speech, it has to be targeted towards an identifiable group, be made and said publicly and must be likely to lead to harm against those individuals."

He added, however, that police would welcome any information on these stickers or posters.

In Toronto earlier this month posters urging "white people" to join the "alt-right" were plastered throughout a neighbourhood, eliciting a slew of positivity posters in response.

WITH FILES FROM JENNIFER FRIESEN

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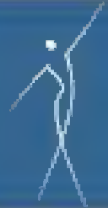


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As we age we lose fat from our faces. Our cheeks, which were full and high when we were young can sink and develop a triangular shaped flat spot that can appear shaded and grooved. Many of us lose volume in the orbits of our eyes that result in eye circles that may or may not be dark in appearance. We also lose volume in our lips and other areas of the face. This lost volume allows the face to fall and contributes to the appearance of lip lines and the folds that appear at the sides and corners of the mouth. Even when we are young, lack of volume can make us look tired!

Lost volume in the face is easy to replace with dermal fillers! This popular procedure can restore the contours and shape your face had when you were younger. Fillers can also be used to create volume where it has never existed. A skilled injector is able to place the correct consistency and amount of filler to precisely replace or create volume to the areas of the face that can benefit.

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As we age we also develop wrinkles and lines that eventually become permanently etched in our features. They result from animating the face. We frown, we raise our eyebrows in surprise or joy, we smile, we squint, and we pucker our lips. Animation of the face is, of course, a good thing. The deep lines that result, however, can make us look angry or stressed out when we are actually relaxed and happy.

A class of medications known as neuromodulators can relax muscles to create a more youthful appearance. Neuromodulators have been used for many years to treat many medical conditions. In tiny doses for cosmetic purposes they are used to relax crowsfeet around the eyes as well as frown lines and horizontal lines in the forehead. They can also be used to relax lip lines, neck bands, bunny lines on the nose, a gummy smile, a masculine jawline, and more. Neuromodulators that are currently in use include Botox®, Dysport® and Xeomin®. Popular with women and men, it is the most utilized cosmetic treatment in the world.

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is rounded. The value of the blunt tip is that it is comfortable and the risk of bruising and damage to the skin is minimal.

Administering neuromodulators and dermal fillers is an art! The key is to do enough, place it properly and not overdo it. The changes will be subtle but the difference it makes will be dramatic. You will look just like yourself, only better!

## Your friends will wonder why you look so much younger than they do!

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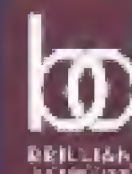
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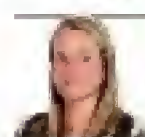


Susan Hughson, executive director of ASIRT, said they're working at capacity and have to weigh their priorities when investigating. JENNIFER FRIESEN/FOR METRO

# Watchdog 'at capacity'

## POLICE

**They have had 74 files in 2016, nine involving Calgary police**



Lucie Edwardson  
Metro | Calgary

Alberta's law enforcement watchdog says they're working at capacity.

Alberta Serious Incident Response Team (ASIRT) executive director Susan Hughson told reporters Wednesday, at the press conference for the ninth Calgary police officer-involved shooting of 2016, that "it's fair to say ASIRT is working at capacity."

"Last year we had 78 files and that was a 100 per cent increase over what had been the average over 2008 to 2013," she said. "This year we're at 74 files already. I'm anticipating this year we will probably close the year with at least the same number of files we had last year, if not more."

ASIRT is currently investigating nine Calgary police officer-involved shootings. Four of those were fatal.

Hughson said despite the heavy workload, ASIRT still has full teams investigating each case.

"In terms of the actual investigations, they are being managed and they are managing it well," she said.

Hughson said they're working with a front-end loading concept "where the collection of evidence is not compromised."

"We send out an entire team from either the north or south

## ALBERTA SERIOUS INCIDENT RESPONSE TEAM CASE FILES

### Dave McQueen, Jan. 27

Police were called to Huntington Hills at about 4:40 p.m. after nearby residents reported hearing gunshots. Dave McQueen, a 53-year-old man in a wheelchair, exited the residence holding a handgun and confronted police directly — he was shot and died as a result.

### Stanley Park, March 20

Police were called to Stanley Park after reports of a man walking around with a gun. Police shot at him but he ran into the park.

When confronted again, the man put the gun down and surrendered. The 23-year-old man faced multiple charges.

### Inglewood, July 15

Officers were dispatched to a secure parkade at the SoBow building along Inglewood Park SE after reports that four people were prowling vehicles. It is believed the vehicle was being driven directly toward the officers when the weapon was fired, hitting Sanjay Prasad, who died as a result.

office, and occasionally from both offices to collect that evidence and put in all that work in the first 48-72 hours to insure we get the information that we need," she said.

She said what the heavier workload does mean for ASIRT is that the writing of reports and reviews of reports are delayed.

"When that happens there has to be some sort of prioritiza-

### Blackfoot Truck Stop, Sept. 27

Around 1 p.m. a Calgary police officer allegedly shot at a vehicle at the truck stop after the driver drove toward the policeman. The driver had what appeared to be a rifle in the passenger seat and wasn't obeying the officer's commands.

### Marlborough Mall, Sept. 27

Later the same day, at 2 p.m., a Calgary police officer shot a 20-year-old, machete-wielding assailant at the Sears in Marlborough Mall, after the person slashed him.

### Traffic Stop, Oct. 4

A Calgary police officer fired his weapon during a traffic stop in early October after allegedly pulling over a stolen truck near the intersection of 12 Mile Coulee Road and Blueridge Rise NW. The suspect drove at police, prompting one officer to fire.

### Sundance, Oct. 11

Police were called to the 0-100 block of Sunmount Crescent SE, after receiving a phone call from a resident.

tion we go through," she said.

Hughson said multiple factors go into this prioritization process including getting autopsy reports, traffic reconstruction reports or if they have pertinent information to an open criminal investigation.

"Then of course, the nature of the investigation may have an impact. The more serious incident, the more serious the investigation, the higher the

EMS was dispatched and found a man in his 20s suffering from serious head injuries. Despite officer instructions to the man, he approached police with a large edged weapon, leading one officer to shoot a 76-year-old man who died of his injuries.

### Dover, Nov. 4

Around 7 p.m. Nov. 4 in Dover, CPS were tailing a stolen vehicle.

Officers approached the vehicle and a struggle ensued in which he was dragged by the car. It's then that the other officer shot the 20-year-old man who was sent to hospital in stable condition.

### Bowmont Mall, Nov. 22

The incident occurred after members of CPS attempted to apprehend the driver of a stolen blue Dodge pickup truck at the Bowmont shopping mall. It's alleged that while trying to box the vehicle in the man rammed two police cars and was shot. The man, Terrence Weinmeyer, 49, has since died from his injuries.

priority," she said.

Hughson said she's proud of her ASIRT team.

"I am very fortunate to be the executive director of a team of investigators and staff who do an amazing job at balancing this increasing workload," she said. "They're working harder in the sense that they're digging in and dedicating that much more effort into balancing or juggling the different priorities."



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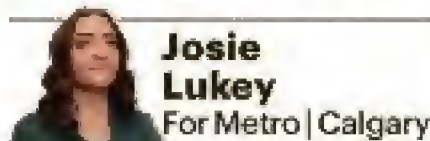
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# Complaint filed on Kenney campaign

## PC LEADERSHIP RACE

### Former MLA says a name wrongly on list of supporters



**Josie Lukey**  
For Metro | Calgary

A complaint has been filed to the PC party from Jacquie Fenske, a former MLA of Fort Saskatchewan-Vegreville that accuses Jason Kenney's leadership campaign of misusing the name of a community member.

Fenske said an email sent out to PC members in the riding of Fort Saskatchewan-Vegreville contained the name of a woman in a list of Kenney supporters. But according to Fenske, the woman had never spoke with, or supported Kenney. On behalf of the woman,



**A complaint has been filed against the Kenney Campaign for misusing the name of a prominent community member who does not support him.**

Fenske issued a complaint to the party and is considering filing a complaint with the provincial Information and Privacy Commissioner

if the party doesn't address the issue.

The woman's identity remains private, but she's a member of the PC party and

is supporting PC leadership candidate Richard Starke.

Katherine O'Neill, president of the PC party, confirmed a complaint from Fenske was received and is in process.

"At the very most (we'll) ask candidates to apologize to the person and then send out a memo to all the candidates and deputy returning officers to be very careful about who they publicly say is supporting them," said O'Neill.

But Fenske said that isn't enough.

"I just think this is one more strike against the Kenney campaign, so how many strikes are we going to take before we're going to ask for a little more accountability from (his) campaign?" she said.

The Kenney campaign said as soon as the error was brought to their attention, they removed the name from the list. They said they've reached out to the woman and apologized for the mistake.

## INVESTIGATION

### Police cleared after man shot, crippled

The head of a unit that investigates Alberta police actions says an officer didn't do anything wrong when he pursued and shot a man after he spat on the ground at an anti-racism rally.

A Calgary police officer shot Morgan Thompson twice on March 21, 2015, in an alley shortly after he taunted demonstrators.

Thompson, who was 30 at the time, is now permanently disabled and in a wheelchair.

"Ultimately, at the end of the day, sure, it's terrible that a person has been paralyzed as the result of an incident that started out as spitting on the sidewalk," Susan Hughson, executive director of the Alberta Serious Incident Response Team, said Thursday.

Hughson said police were trying to talk to Thompson to give him a ticket when he walked away quickly and crossed the street against the light.

Police say Thompson will not be charged.

Hughson said when the officer initially approached the suspect, he was punched in the head and pulled out his baton. Thompson allegedly pulled out a pipe from behind his back and held it over

## + POLICE WORD

**Calgary police issued a statement** welcoming the conclusion of the investigation.

"The officer involved in this shooting has and will continue to receive the full support of the Calgary Police Service," the statement said, which added that a standard internal review will take place.

"At this time there is no evidence to indicate any breaches of policy or procedure by the member involved and he is not facing any internal discipline.

his head. The officer pulled out his service revolver and fired four shots.

"At that point, the man clearly would have objectively presented a risk of grievous bodily harm to the officer and, as such, the officer's use of lethal force was reasonable."

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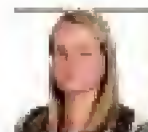




# Board urged to keep promise

## EDUCATION

### Parents want south site for kids' Mandarin program



**Lucie Edwardson**  
Metro | Calgary

A group of Calgary parents is disappointed by the CBE's decision not to open a space for the Mandarin language program in the south next school year as their kids move onto junior high school.

Darlene Casten, spokeswoman for the group whose children are in the Mandarin program and completing Grade 6 at Midnapore Elementary School, said they were told at the end of September their kids would have to go to a school in the city's northeast if they wanted to continue in the program in Grade 7.

"We've been told since the beginning, verbally and in writing, that the CBE was looking to identify a south site for our junior high," she said. "Now



**Darlene Casten and her kids Angelo, 9, and Gabriel, 6, are flanked by other parents and students from the Midnapore Elementary Mandarin Program.** JENNIFER FRIESEN/FOR METRO

they're telling us we don't have the numbers and they can't find us a teacher."

Sydney Smith, CBE director for area five, said they've told parents for the sustainability of the program they'd need 40 students per grade and 20 students in Grade 7 to open a south junior high.

"We've told them we would be ready to have an expression of interest if they'd like us to look at a middle school in the south for 2017-18 school year, but they need to have a sufficient number of students interested," she said.

Smith said they would be providing subsidized transpor-

tation to the junior high in the north for students in the Mandarin program from the south.

Casten said the parents have expressed their dissatisfaction with this plan as they don't want to bus their kids 30-40km twice a day.

Currently, according to Casten, the program has rough-

ly 45 students from K-3, around 25 in Grade 4, 15 students in Grade 5 and only eight students in Grade 6.

Casten says parents feel blindsided by the CBE, who they thought had been looking at this issue for nearly two years.

"They've known since the beginning that this class has been low and wasn't sustainable by the CBE standards to open a junior high class," she said. "Yet, they continued to tell us that they were looking for a site in (the) south."

Smith said the CBE has had to close alternative programs within the CBE in the past — and don't want to do that with this program, which is why they're offering the north school as an option.

But Casten said their group has done a poll and it found that 95 per cent of the parents wouldn't enrol in the program if they have to go north.

"We're working really hard to make this program a success and we care a lot about our kids continuing in this program," she said. "We feel the CBE should uphold their original promise."

## ENERGY

### Province aims to end coal

Alberta has struck a deal with three major power producers to formally end coal-fired electricity by 2030.

Environment Minister Shannon Phillips says the province will pay three major power producers a total of \$97 million a year over the next 14 years.

The money is to compensate them for the shutdown and to help them transition to cleaner forms of energy.

The payments are to be spread amongst TransAlta, Capital Power and Atco and are to come out of the current carbon levy on heavy emitters.

There are 18 coal-fired electricity plants in Alberta, and all but six are already scheduled to shut down before 2030.

As part of the deal, the power producers will keep their headquarters in Alberta, will continue to invest in the province and will provide support to communities affected by the transition.

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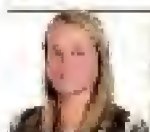


**Buzz Bishop's 21-day challenge ended on Nov. 18, world diabetes day. He did the Five BX workout program to raise awareness for the disease that affects more than two hundred thousand Albertans.** JENNIFER FRIESEN/FOR METRO

# Only 21 days to change

## HEALTH

### Radio host takes challenge to gain a good habit



**Lucie Edwardson**  
Metro | Calgary

It only takes 21 days to develop a new habit — and that's why during diabetes awareness month the Canadian Diabetes Association (CDA) challenged people in the #diabetes21.

Buzz Bishop, radio host for XL-103 Calgary and Southern Alberta Regional Director of the CDA did his own 21-day challenge to raise awareness for the disease that affects more than two hundred thousand Albertans.

"If you can keep that chain going for 21 days your body gets used to it. It becomes habitual, it comes easier and you can get over the hump and do it," he said. "It doesn't have to be anything extreme. It can be as basic as 5 minutes of meditating everyday or making your own lunch instead of buying it."

Bishop said there are many small steps people can take that will positively change their life — and that is what the challenge is all about.

For his challenge Bishop did FIVE BX, a workout program created by the Canadian Armed

Forces nearly 60 years ago. Five BX is made up of five exercises for pilots to do anywhere, including sit-ups, push-ups and jumping jacks.

Alberta's Health minister, Sarah Hoffman has also advocated for the disease in November for Diabetes Awareness month. Earlier this month, her ministry hosted advocates at the legislature.

She said as of today, hundreds of thousands of people in Alberta live with both Type 1 and Type 2 diabetes — and the number continues to rise.

"That's why our programs, like Alberta Healthy Living, which gives Albertans with diabetes access to community based chronic-disease management resources, are so important," she said. "That's why we support the Canadian Diabetes Association Advocacy Committee and their efforts to use Diabetes Awareness Month to make Albertans aware of the challenges facing diabetics, how to prevent this life-changing disease and the need for more research."

Bishop said although the #Diabetes21 challenge is focused more on curbing Type 2 habits, it can make people think about what it might be like to live with Type 1.

"You can learn to empathize with a Type-1 diabetic who has to think about everything they put into their body and everything they do with their body and how that will affect things," he said.

**It can be as basic as 5 minutes of meditating everyday or making your own lunch instead of buying it.** Buzz Bishop

## CRIME

# Remote oil sites targets for crack addicts

When it comes to protecting thousands of remote oil and gas well sites scattered across Alberta's prairies and foothills, RCMP Cpl. Curtis Peters is more concerned about crack addicts than vandals.

The 854 crimes reported at

those sites in the first 10 months of 2016 have already exceeded the number in all of 2015, RCMP statistics show, an increase some are blaming on Alberta's economic slowdown.

Almost all of the reports have been related to theft, said Peters,

**“They take (sight glasses) out and break them into chunks and use the ones they get to make meth pipes and crack pipes.”**

Cpl. Curtis Peters

adding only 41 are labelled tampering or vandalism.

He said some of the most unusual reports concern stealing “sight glasses,” long thin glass tubes attached to chemical tanks to provide an external visual gauge of how full the tanks are.

“They make crack pipes and meth pipes out of these sight glasses,” Peters explained in an interview.

“It’s a clear glass tube that’s the right size to be able to shape it with heat ... Some of them are

around three feet long so they take them out and break them into chunks and use the ones they get to make meth pipes and crack pipes.”

He said some of the thieves who have been caught are people who work in the oilpatch but that the use of the tubes is common among drug users in areas with nearby oil and gas activity. He said statistics don’t specify how many of the tubes were stolen this year.

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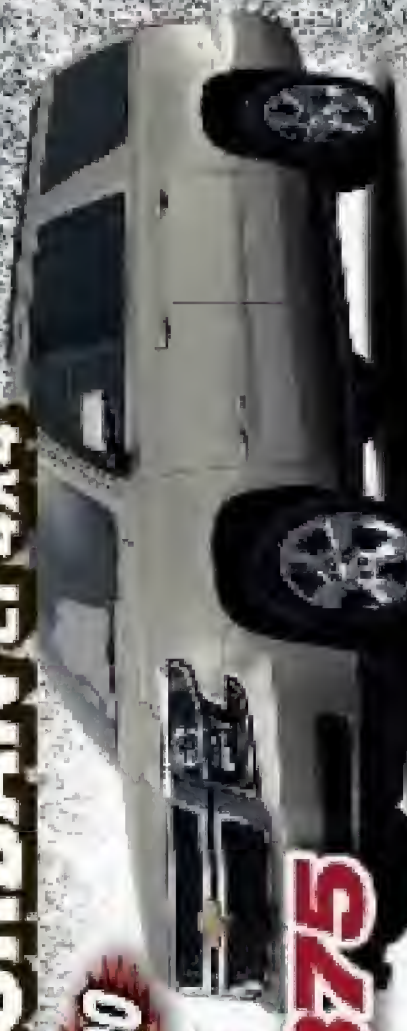
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SCENE YYC

# Scrooge on Scrooge

Calgary is brimming with crotchety old misers, waiting for their night of ghostly enlightenment. This season marks Stephen Hair's 23rd year playing Scrooge in Theatre Calgary's *A Christmas Carol*. No other actor has portrayed the character for this long in Canada. But right behind him is Dennis Cahill, who has played Scrooge fairly consistently for 20 years in Loose Moose's comedic spin: *A Chrismoose Carol*. The story doesn't change much, but the interpretations couldn't be further apart.

AARON CHATHA METRO



Stephen Hair reprises his role of Scrooge for the 23rd year in a row. JENNIFER FRIESEN/METRO



Dennis Cahill has been playing Scrooge on and off (mostly on) for about 20 years. COURTESY KATE WARE

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## Stephen Hair

Every year, Stephen Hair seeks the humanity in Scrooge. As he's played the character, Hair said he's also grown as a person.

"Before we start rehearsal, I try to think, 'What have I missed in this human being?'" he said. "What's happened to me this year that I could put into Scrooge? Because, acting a role this long, it's like peeling back the layers of an onion to get to the heart."

That said, Hair would love to play a more off-the-wall version of the story. He feels it's lasted so long in popular culture because of the character and journey, not the set dressings. Last year, he saw a version where Scrooge was a slumlord who actually killed Marley, a drug dealer.

That intrigued him. In fact, every few years The-

atre Calgary throws out the script and sets and starts fresh with a whole new version. The first Scrooge he played was more of a "farce Scrooge," as Hair put it.

"Which was way over the top, very big, lots of big make-up — urgh, it was horrible," he laughed.

"Then we've done the really dark, dark edgy ones. This one is somewhere in between."

This year's version actually started as very Disney-esque, but according to Hair they've added darker elements over the past few years.

Unfortunately, Hair has yet to see a *Chrismoose Carol*.

"My Christmas is here, so I never really get to see anything else for these two months. I'd love to see it though; I hear it's great."

**“Acting a role this long, it's like peeling back the layers of an onion to get to the heart.”**

Stephen Hair

## Dennis Cahill

Where Theatre Calgary throws out the script every few years, Loose Moose throws it out each and every year. In fact, being a improv company, a fair bit of it is made up, too.

They've taken the production into a number of different genres, using puppets, making it a western, sci-fi or a three-person play, where the audience has a say on who plays what role each night.

For Dennis Cahill, Scrooge is often the only consistent part of the production every year.

"I think the core of Scrooge's character is drama or tragedy," explained Cahill. "But in our version he's surrounded by comedy, so he needs to be the perfect straight man."

And that's actually quite the challenge. This is a version where they once had old Marley speaking very serious lines direct from Dickens text, while being suspended from a bungee cord and bouncing haphazardly in mid-air.

But like Hair, the authenticity of the play and its appeal comes

from Scrooge's transformation.

"When we first started doing a Christmas Carol, there were a lot of different versions; the Muppets version was a huge one," Cahill recalled. "It occurred to us, the story is universal. You can put that story into any context and the basic message stays the same. It really lends itself to interpretation."

Cahill has seen Theatre Calgary's version in the past, and notes the stark differences — in tone and budget — but says both are worth seeing. He does give it up to Hair for stamina though: Theatre Calgary runs more performances each year.

### DETAILS

Theatre Calgary starts its run of *A Christmas Carol* on Nov. 25.

*A Chrismoose Carol* runs at Loose Moose Theatre starting Dec. 8.



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# Aurora on the Park opens

## Resolve's goals

### AFFORDABLE HOUSING

### Third Resolve building welcomes first tenants

**Elizabeth Cameron**  
For Metro | Calgary

Permanent housing first, personal challenges later.

That's the philosophy of nine social service agencies in Calgary that have come together to create affordable housing for homeless Calgarians under the Resolve campaign.

Resolve's third housing project, Aurora on the Park, is expecting its first tenants to move in as early as Nov. 25. The affordable apartment building will house 25 people transitioning out of homelessness.

"(Aurora on the Park) will make a big difference in supporting Calgary's 10 year plan to end homelessness," said Kathy Christiansen, executive director of the Calgary Alpha House Society (AH), one of the Resolve campaign's partners.



Kathy Christiansen, executive director of the Calgary Alpha House Society, stands inside one of the units that an Alpha House client will move into. ELIZABETH CAMERON/FOR METRO

The 'housing first' philosophy places precedence of securing permanent housing before working on the root causes that

led an individual becoming homeless.

"We house them first, and then deal with the challenges

they're facing, whether it's taking care of their basic needs, addictions, or mental and physical health issues," Christiansen said.

Finding wheelchair accessible units is a big challenge in Calgary, which is amplified by a shortage of affordable housing.

"One of the things that's unique about this building is that it's barrier-free. There's very few places in the city that offer that," Christiansen said.

Tenants of the affordable apartment units will have a lease and pay rent each month, and AH will provide rent supplements when required.

"I think the amount of dignity and ability that comes with having your basic needs met is huge. People are really excited to be moving in here," she added.

24 hour on-site support will be provided by AH and the Calgary Homeless Foundation for those living at Aurora on the Park.

"We designed it to promote tenant integration and promote community, through the use of common-area rooms and shared dining experiences with a common area kitchen," said Richard Daley, vice president of multi-family developments with StreetSide Developments, who constructed the apartment building.

There are approximately 3,500 Calgarians who are currently experiencing homelessness, according to the Resolve campaign.

"The wave icon in the Aurora on the Park logo represents the peaks and valleys some of the tenants have gone through on their journey to finding this place they can now call home," said Richard Daley, vice president of multi-family developments with StreetSide Developments.

The word 'Aurora' means a new beginning, or the dawn of a new day.

It's fitting a fitting name for the multi-unit apartment building, located in the community of Hillhurst-Sunnyside.

The Resolve campaign is raising a total of \$120 million to fund affordable housing for 3,000 homeless Calgarians.

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## WEEKEND EVENTS LOTS TO SEE, AND BUILD, AROUND TOWN

**Friday: Sampradaya Dance – Wright Theatre**

Balinese choreographer Wayan Dibia and Sampradaya Dance Creations have been making their way across Canada and stop by Calgary for only one night to re-tell the Indian epic Mahabharata. The Sanskrit epic takes place in the Kurukshetra War, telling a tale of kings, princesses and gods. For more information, visit [sampradaya.ca](http://sampradaya.ca)

**Saturday: Chris Hadfield – Bella Concert Hall**

The first Canadian commander of the International Space Station touches down in Calgary as part of the Mount Royal University Conservatory's Northern Lights series. Hadfield has been an astronaut for 21 years, been on three space flights and spent five months living aboard the ISS. For more information, visit [mtroyal.ca](http://mtroyal.ca)

**Saturday: Construction Toy Expo – Highland Park Community Hall**

The Brix n Blox construction toy expo brings the joy of creation to an open space. There will be a Lego competition featuring builders from age five and up. There will be construction sites around the venue and attendees are invited to add a brick to the Great Wall of Calgary. For more information, visit [brixnblox.ca](http://brixnblox.ca)

**Sunday: A Jazz Charlie Brown Christmas**

Down the road at the Banff Centre, jazz drummer Jerry Granelli and his trio — with a little help from the children's choir — will perform the soundtrack to A Charlie Brown Christmas. Granelli was one of the musicians that recorded the soundtrack to the original film in 1965. For more information, visit [banffcentre.ca](http://banffcentre.ca)

AARON CHATHA/METRO

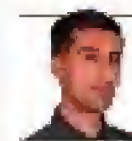


Abbie Thurgood, Deicha Carter and Steven Halverson make up part of Calgary's Torchettes. AARON CHATHA / METRO

## Torchettes plugged in

SCENE YYC

### Band among 1st announced for Block Heater festival



**Aaron Chatha**  
Metro | Calgary

The crew behind Calgary's Folk Fest are turning their charms to chisel out some cheer in the frigid winter season with their second annual Block Heater festival. Taking place around venues on Feb. 10 to 12, the official line-up has now been introduced at [www.calgaryfolk-fest.com](http://www.calgaryfolk-fest.com).

Abbie Thurgood, Deicha Carter and Steven Halverson — part of the Torchettes — introduced this year's announcement.

#### How would you describe the Torchettes sound?

Carter: I think we would describe it as soul meets garage rock, peppered with other influences.

Thurgood: A lot of different influences, yeah.

Carter: We like to blend it together and see what happens.

#### What makes Block Heater so cool?

Carter: We've been huge fans of Calgary Folk Festival for, like, our existence. So, Block Heater, in its second year now, is something we attended and got to play with

our big sister band Copperhead last year. They're amazing, and they kind of introduced us to it.

It happens in Inglewood, which is where we all practise and Abbie works in Inglewood as well and puts on shows at a venue called the Hose and Hound.

We got an offer to play based on our experience with Copperhead to try and do our own thing, and we jumped on it.

Thurgood: Calgary Folk Fest is huge, and this is kind of their baby child, it's growing and for them to ask us, a baby band of Calgary to grow with them, it's just an awesome opportunity.

#### The festival is coming fresh off Calgary's Year of Music — does that add any pressure?

Carter: We feel honoured being asked to participate. I think we put pressure on ourselves for every show, just because we want to do our best and want to make sure what's happening in our hearts, souls and spirits comes across on stage.

Thurgood: I think it's a huge year for music in Calgary, with the National Music Centre and the Music Mile, it's only going to expand. Every year following, Calgary is now a music city.

Thurgood: It's now dedicated and defined by its music. It's the finale of 2016, but it's a wonder-lust almost for what's to come.

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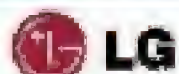
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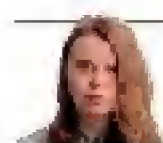
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# Building a business from scratch

MOUNT ROYAL

## Student's startup from coffee cart on campus



**Helen Pike**  
Metro | Calgary

What's the difference between a basement project and a business?

For Ryan Wegner it was stumbling across a coffee cart on the Mount Royal University campus.

He really did build this idea from the ground up. A mechanic by trade, Wegner said he would get broken coffee and restaurant equipment and fix it up in his basement with the hopes of re-selling it.

MRU was looking for someone to run the coffee cart as a pilot project, and when Wegner was given an inch, he took it a mile. And that's how Barrow Espresso and Tea was born.

Now more than 10 weeks out he's been able to hire students, even calculate the precise amount of pastries he needs to be sold out by closing time.

"I got to go through the whole process of organizing the start of my very first real venture," Wegner said. "I'm trying to use as much of my education as possible."

Wegner said he's experimenting with his cart to see what small tweaks have an effect on his business.

And he's learned a lot from the process. He had to negotiate with MRU on what's being called a pilot project, he had to go through processes with Alberta Health Services, and he had to figure out how to properly get his employees on payroll. But the opportunity will come to a close, and just as he's beginning to figure out the coffee business, he's looking for his next step. At the end of April his time at the coffee cart is up.

"I'm looking, not frantically, but actively," Wegner said. "Whether that's on a micro-scale ... or teaming up with another entrepreneur who wants to start a barber shop, or a record store where coffee could complement that."

If the opportunity presented itself, Wegner said he would absolutely love to stay put at Mount Royal University.



Barrow Coffee owner Ryan Wegner lovingly brews coffee and community with his Mount Royal University coffee cart.

JENNIFER FRIESEN/FOR METRO



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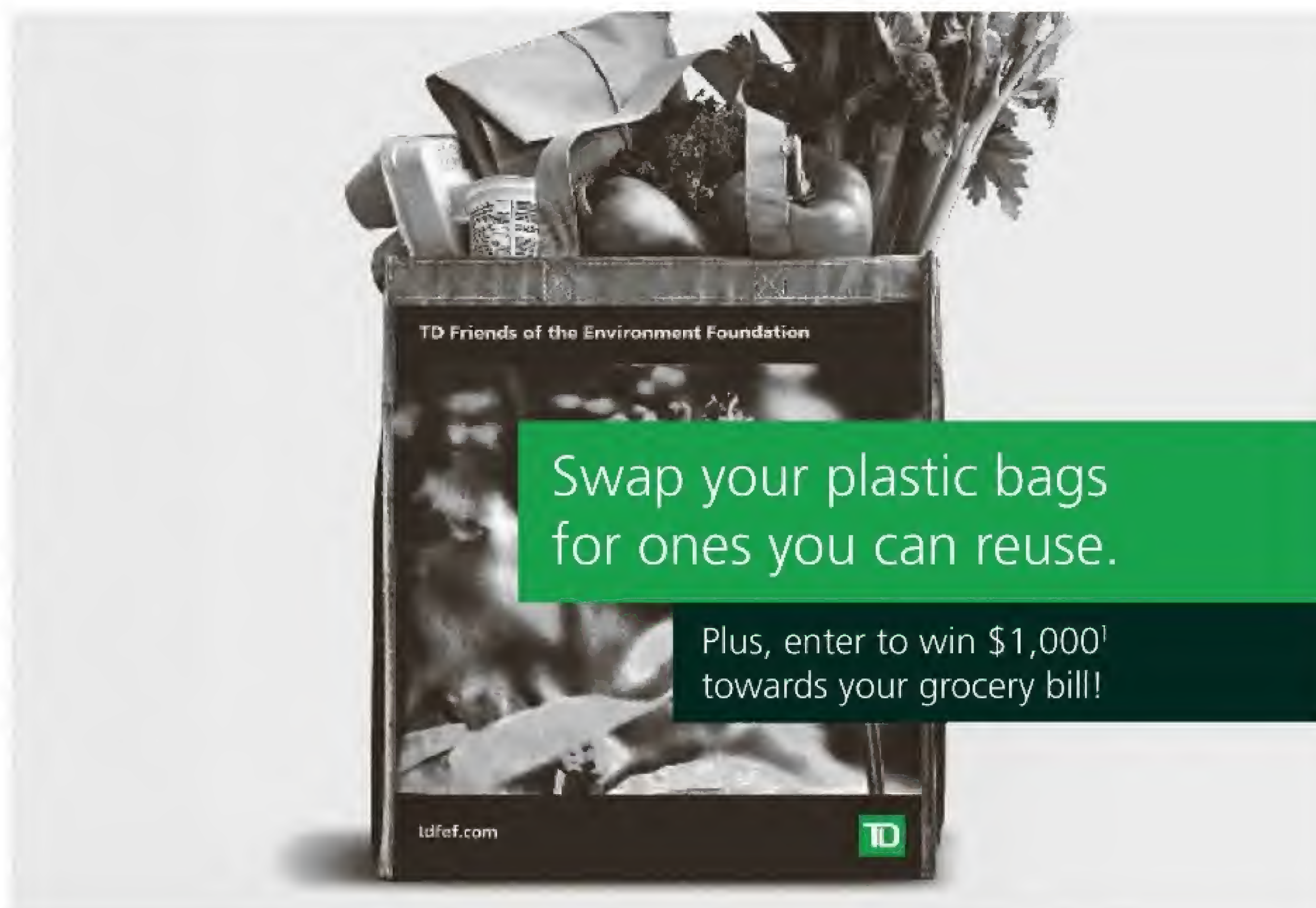
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## Superfan vs Superfan

## Vying for Grey Cup glory

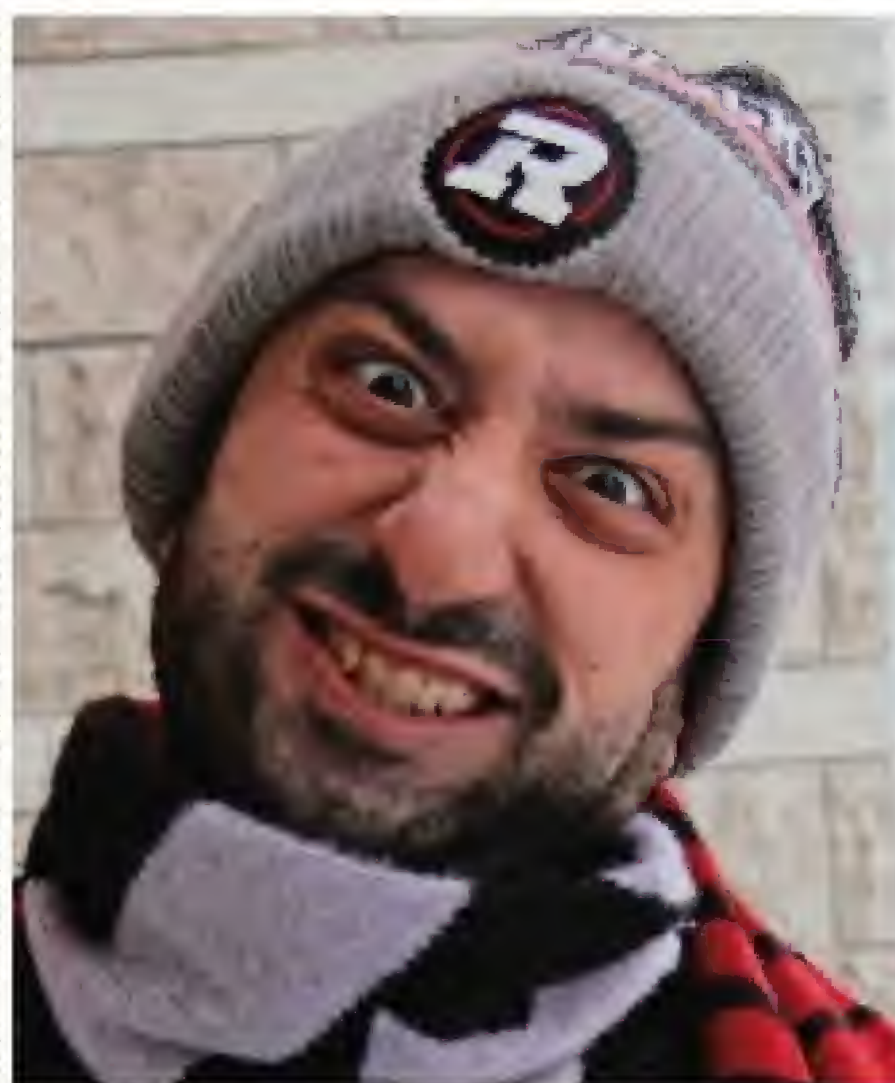


Calgary Stampeder superfan Connie Fekete gets Grey Cup ready by getting the team's logo shaved into her head before heading out to Toronto for the big game. CANDICE WARD/METRO

## Connie Fekete

**Age:** 46  
**Years as a fan:** 22  
**How she became a superfan:**

Fekete became a fan of the team when she moved to Calgary over 22 years ago. Since then, she has been a season ticket holder and attended Grey Cup games for years, even when the Stampeder were not playing. She can be spotted in the crowd at each Stampeder home game in her bright red wig (now with her new hair do with the shaved horse), behind the Stampeder bench cheering on the home team.



Die-hard Redblacks fan Peter Azzi, a.k.a. South Side Pete, is headed to the Grey Cup on Sunday to cheer on Ottawa. ADAM KVETON/METRO

## Peter "South Side Pete" Azzi

**Age:** 36  
**Years as a fan:** 26  
**How he became a superfan:**

Peter Azzi has been a fan of Ottawa CFL football since he was 10 years old when he discovered the Ottawa Rough Riders while flipping through channels on the TV, he said. "I fell in love with the team." Remaining a fan despite the end of two Ottawa franchises and "all the losing you could imagine," Azzi's passion for Ottawa football has only grown. Now, working as a lawyer, Azzi makes a firm distinction between work time and game time, and uses the alter ego "South Side Pete" to cheer on the Redblacks relentlessly.

## Stampeder must remain dominant

The Calgary Stampeder have been dominant all season. Rolling over opponent after opponent on their way to a 15-2-1 season record. There's no doubt in the mind of superfan Connie Fekete, that the Stampeder will be coming home with the coveted Grey Cup on Sunday.

"The team is just so tight right now and so cohesive, and they are just going to win," says Fekete.

While their one tie did come at the heads of the Ottawa Redblacks at the start of the season, the Stampeder de-

## 4 KEYS TO WIN

1. Messam will get big yards with offensive line who will create the space he needs.
2. Defense will make some big plays and expect them to score.
3. Penalties have almost been a non-issue this year.
4. Roy Finch as the kick returner will be the linchpin.

stroyed them back at home in September by a score of 48-23 on their way to a perfect home record for the year.

To Fekete, there is no reason the Stampeder should not dominate the Redblacks again in the big game at BMO Field on Sunday.

"Offensively, we have the best quarterback in the league and arguably the best quarterback who has ever been in the league," says Fekete.

"And this defence is savage."

Fekete, along with her trusted superfan sisters Belinda and Tanya, will be in the stands once again on Sunday in Toronto to watch another page in the Stampeder history unfold.

CANDICE WARD/METRO

## Redblacks need aggressive offence

There are a few things Peter Azzi, a.k.a. South Side Pete, wants to see from the Redblacks on Sunday, but chief among them is an aggressive offence.

"We have the best receivers in the league. We need to capitalize on it," he said.

"I think our losing record during the season is reflective of the fact that we became conservative when it was time to attack on offence."

Azzi says the Redblacks will come home with the Grey Cup because the team was made stronger due to a difficult past.

"We went through every-

## 4 KEYS TO WIN

1. An aggressive offence that makes use of its receivers.
2. A solid defence that can put Bo Levi Mitchell off his game.
3. Sure hands from special teams.
4. Secure extra points from field goals.

thing, all the losing you could imagine. We have survived and we are back and now we are hungrier than ever."

He adds that a strong defence that can put pressure on Calgary Stampeder's quarterback Bo Levi Mitchell is vital.

Other than that, special teams need to have sure hands, and Ottawa's kicking game, which looks strong as of late, must get those extra points to propel the team forward, he said.

Azzi said he's confident the Redblacks will get it done, in part because he and other members of R-Nation will be at BMO Field in Toronto, cheering on their boys in red and black.

ADAM KVETON/METRO

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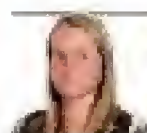


Alicia Raimundo said she was in denial for a long time about her binge eating. CONTRIBUTED

# Binge-eating treatment approved

HEALTH

**Drug restores neurochemistry doctors think is behind disorder**



Lucie Edwardson  
Metro | Calgary

Alicia Raimundo has given more than 600 lectures addressing mental health issues, but for years she denied one of her own struggles.

Raimundo suffers from binge eating disorder, an illness that results in an individual eating a large amount of calories in a short period of time, usually triggered by an emotional event, causing the individual to feel shameful.

"I have struggled with binge eating my whole life. I kind of realized I had a problem with food when I was really young — I was about six," she said.

Health Canada recently approved a drug called Vyvance to treat eating disorder, something Raimundo said will open doors for those suffering from binge eating disorder, and give them more options for treatment.

Despite knowing something was wrong with her eating habits it took Raimundo years to acknowledge her binge eating and seek the help she needed.

"A lot of people have weird ways they talk about food and I thought what was happening to me was a problem with my willpower, I didn't realize that it was a real illness that I was living with and that I deserved to get real help for it," she said. "I was in hiding for a long time."

When the now 27-year-old decided to seek help she said she

encountered some roadblocks.

"I tried talking to a few of my doctors and they didn't really have the right information for me. They would say 'just stop,' and the way you feel when you have a binge-eating episode is you feel like you can't stop," she said.

Raimundo said it took a lot of self-advocacy and research to find a doctor that understood her illness and to find support groups, mostly online, of other people living with the disorder.

Dr. Rick Ward, associate professor for the faculty of medicine at the University of Calgary said the drug Vyvance has been around for a long time, but just recently was approved as a way to treat binge eating disorder.

"The way that this medication works is that it helps to restore the neurochemistry that we think is behind binge eating disorder," he said.

Ward said more than anything the announcement of the medication being used for the disorder will raise awareness and hopefully more men and women will seek treatment.

"It's the most common of the eating disorders, with about three per cent of people suffering from it," he said.

Ward said those who use the medication should use it in conjunction with other parts of a treatment program that involves health care professionals like psychologists, dieticians and doctors.

Raimundo said those suffering from binge eating disorder need to know they aren't alone, and that there is help out there for them.

"They really just need people to be there for them, give them a hug, tell them it's going to be OK and listen to them when they tell you what they need," she said.

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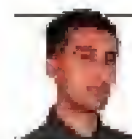




# The quest for unique sounds

NATIONAL MUSIC CENTRE

## Artists build Frankenstein's monsters of instruments



**Aaron Chatha**  
Metro | Calgary

Deep in the heart of Calgary's National Music Centre, two engineers toil through the night creating instruments with rockless abandon.

Where others wouldn't dare, James Bunton and Josh van Tassel, the newest artists-in-residence at the NMC, are combining historical instruments to see what new sounds they can create — a project they dub impossible instruments.

For example, they plugged a 70s Fender Rhodes Piano through Moog Synth through a Kaoss Pad Amplifier used by 50s Jazz Legend Oscar Peterson.

And it sounded pretty darn cool.

"This is the ultimate playground for us, and we're lucky

to have the access and the time," laughed van Tassel. "The goal is to build a unique library of instruments that didn't exist before they combined them."

Thus comes the term impossible instruments: the duo are playing around with the NMC's massive library — sometimes they don't even know how the machines work, but are playing around to see what effects they get.

"When we can, we try to find acoustic and electric combinations to smash together," van Tassel said. "But then there's times, like with this white hi fi that has sort of a strange 70s guitar synth effect. It's essentially a pedal, but it's exciting, because we don't know how to use it. It's bizarre and very unique, and we're like, OK, let's just plug something into it and see what we get!"

It's only their first week in the building, but already Bunton and van Tassel are trying

out really experimental combinations, which include running their sounds through an elevator to see the metal box effected the sounds. Or through the hallway. Or through a bathroom faucet, to create more of a phase-synth like quality to the instruments they had plugged in.

"We just hoped the janitor wouldn't come by with a vacuum," van Tassel said.

The only times they're unhappy with a combination is if they plug, say, a harpsichord into a number of instruments, but it still ends up sounding like a harpsichord. Which isn't necessarily bad, because then they get to plug in more cool stuff.

Bunton and van Tassel are the third group of residents at the NMC, and will use their new library of unique sounds to work with artists on musical projects around the country.

For more information on the program, visit [www.nmc.com](http://www.nmc.com).



**When we can, we try to find acoustic and electric combinations to smash together.**

Josh van Tassel



James Bunton and Josh van Tassel are constantly swapping instruments in and out of their lab to experiment with. AARON CHATHA/METRO

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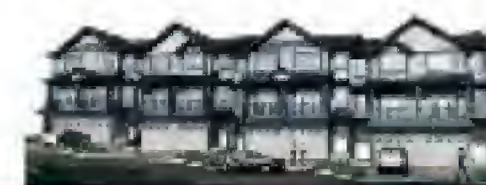
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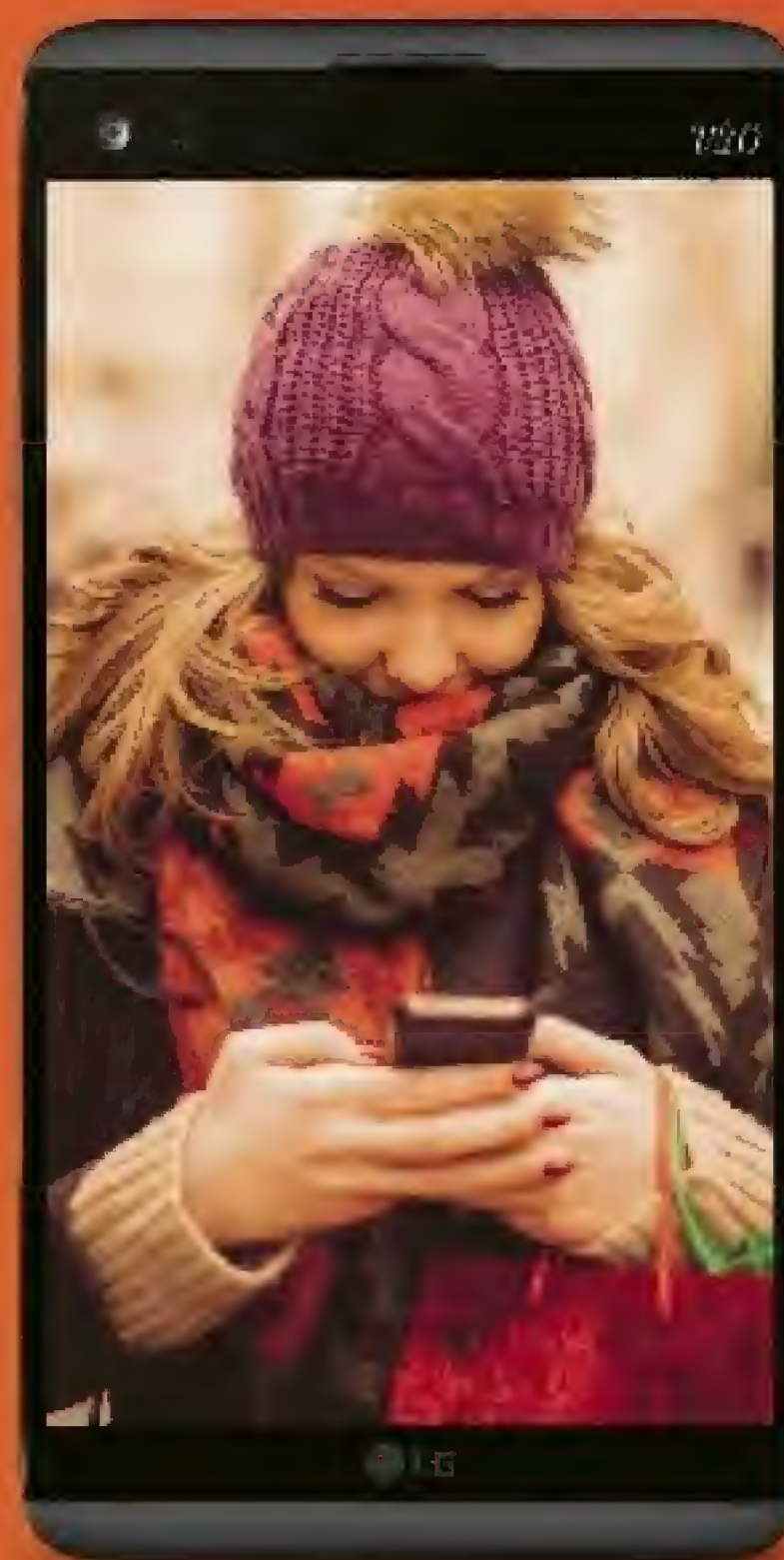
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## CAT CRIME

# Unwelcome riddle of the hairy sphynx

Shayla Bastarache was looking for a hairless sphynx cat and thought she had found a good deal last month on Kijiji.

A woman was selling sphynx kittens for \$650 — less than half the cost from a breeder.

There was no photo with the ad, but Bastarache agreed to meet the seller in a gas station parking lot an hour north of Calgary. In the dark, she exchanged cash for two of the cats — one for her and one for a friend —

and cuddled their tiny, smooth bodies on the way home.

About two weeks later, Bastarache realized it was a scam.

"They just grew their hair back!" says the bewildered 20-year-old, who suspects the seller was somehow able to completely shave what have turned out to be regular house cats.

"I don't know how she did it,"

Bastarache called the RCMP but says she was told not much could be done without the seller's name. A cell-phone number the seller supplied was no longer in service.

Sphynx are alien-looking animals with large eyes and ears and soft, wrinkled skin covering muscular bodies. Although the

cats are billed as bald, they're actually covered with a fine layer of soft fuzz.

Bastarache says she could never have imagined such a hoax but has since heard from two others who fell for the con.

Roland Lines with the Alberta Society for the Prevention of Cruelty to Animals says the agency recently received its first call about a fake sphynx and has assigned an officer to investigate. THE CANADIAN PRESS

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The con artists' asking price per shaved kitten.

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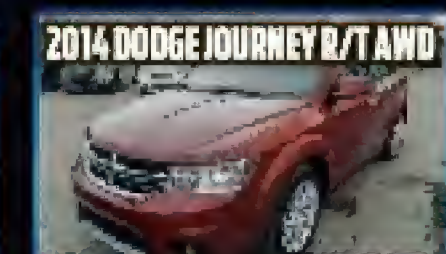
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A sample of the dishes Kristyn Hall's cooking class will make at the Wellness Kitchen. COURTESY KRISTYN HALL

## Cooking up healthy eats at a hospital

SOUTH HEALTH CAMPUS

### Wellness Centre classes not just for patients, staff

Elizabeth Cameron  
For Metro | Calgary

Calgary has a destination for learning how to make perogies, gumbo, sauerkraut and more — all under the same roof.

The Wellness Kitchen, located inside the South Health Campus' (SHC) Wellness Centre, offers a variety of hands-on cooking and nutrition classes for patients, staff and any other Calgarians who want to learn.

"We want to inspire people to shop, cook and eat healthy," said Melissa Hyman, who manages the SHC Wellness Centre.

She said the Wellness Kitchen is unique to Calgary, although other communities in Alberta are looking at building similar facilities.

"We want to help people live healthier lifestyles from the outset, so maybe they won't need

to come to the hospital later in life," Hyman said.

Kristyn Hall, a registered nutritionist who has been offering monthly cooking classes at the Wellness Kitchen for the past two years, taught a class on Nov. 24 featuring Thai-inspired dishes for the holiday season.

Participants made fish cakes topped with avocado-mint sauce and a brightly coloured Thai mango coleslaw, served with coconut jasmine rice.

Recently, Hall said, requests for Thai-inspired recipes have increased, in addition to the Mediterranean, vegetarian and gluten-free dishes she typically prepares.

“

**It's an absolute gem. Calgarians should feel fortunate to have access.**  
Kristyn Hall

"I use the cooking classes as a way to show people how joyful and fun nutrition can be," Hall said.

She said having a space inside a hospital dedicated to wellness and healthy eating is important.

"It's an absolute gem. Calgarians should feel fortunate to have access to these facilities," Hall said.

"The breadth of classes at the kitchen shows there's something there for everybody. It's a place to go for inspiration and a safe place to try new foods."



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# Treating trauma with ecstasy drug

## SCIENCE

## Promising mental health results in first Canadian trial



**David P. Ball**  
Metro | Vancouver

Several psychotherapists behind a head-turning Canadian drug study may not be raving ecstatically or blissed out.

But after wrapping up Canada's first-ever trial treating trauma using the drug MDMA — the pure form of what's popularly called ecstasy — they are nonetheless optimistic.

According to psychiatrist Dr. Ingrid Pacey, the study's principal investigator, the MDMA-assisted psychotherapy trial showed promising results for its six patients with post-traumatic stress disorder (PTSD) so severe that no previous treatments had worked.

Because MDMA — or methylenedioxymethamphetamine — is an empathogen, meaning it generates feelings of empathy and trust, the therapists hoped to see how patients might respond to counselling while they were on the drug.

"The biggest thing was there was a very increased level of trust," Pacey said. "They were really able to talk about painful material from the past that they were never able to talk about before in their life — they'd been so frightened they'd block it."

"With the MDMA, they'd be distressed and crying, but they could talk it through and come to understand it in a way they couldn't before. The trauma be-



**Dr. Ingrid Pacey**, a psychiatrist and lead investigator of the recently completed MDMA-assisted psychotherapy trial — the first of its kind in Canada. JENNIFER GAUTHIER/METRO

came a more manageable part of their history and they could go forward with their lives."

PTSD is a mental-health condition associated with being exposed to threatening events or abuse, often afflicting victims of violence, soldiers, first responders, and sexual and childhood abuse survivors.

The illness is often tough to treat because many people with PTSD have developed a deeply engrained sense of mistrust in others, numbing, hyper-vigilance and isolation — and because it changes the brain itself.

Three of Pacey's subjects had experienced childhood abuse; the other three survived adult traumas. Except for two given placebos for the first part of the

trial, subjects were given 125 milligrams of MDMA with eight hours of therapy, followed by a supervised sleepover at the clinic site; the next day, they got further counselling. Months later, they were given half the original dose and offered more therapy, followed up after a year.

The study was part of an international initiative led by Multidisciplinary Association for Psychedelic Studies (MAPS). Although the results of the federally approved study — quietly authorized by Health Canada in 2013 — are still being "collated" alongside similar research in the U.S., other studies have backed up Pacey's initial findings.

"We're facilitating a healing process, not just a treatment of

symptoms," explained Dr. Alison Feduccia, MAPS' clinical trial leader.

"Some people have been hurt by other people so much that they may not even want to let anybody else in," she told Metro. "MDMA facilitates an empathetic rapport between the therapists and the participants."

MAPS Canada chairman Mark Haden, an adjunct professor UBC School of Population and Public Health, told Metro that the Vancouver experiment is being formally wrapped up this week and another site in the city is being considered for the next phase of their research. So far, MAPS-supported scientific research — much of it crowd-funded on the Internet — has treated more than 100 severe PTSD cases.

"Most PTSD therapy takes years," Haden said in an interview. "We do it in three months."

## POLITICS

## Liberals table voting reform bill

The Liberal government is throwing open the doors to voting in federal elections, including expanding the franchise to more than a million Canadians living abroad.

Maryam Monsef, the minister for democratic institutions, has introduced legislation that will roll back a number of controversial changes to Canada's voting process.

That includes relaxing voter identification rules tightened by the previous Conservative government and restoring Elections Canada's mandate to educate and encourage voters.

She is also proposing to significantly expand voting into previously uncharted waters by permitting any expatriate Canadian citizen who's ever lived in Canada to cast a ballot.

"We're removing barriers that never needed to be there in the first place," Monsef told a news conference.

The voting reforms come as an all-party Commons committee wraps up its hearings into an overhaul of Canada's electoral system, with recommendations due by the end of next week.

The Liberals promised during the 2015 election campaign that it would be the last held



**Maryam Monsef** speaks in the House of Commons in Ottawa last week. THE CANADIAN PRESS

under Canada's traditional first-past-the-post voting system. But they've resisted calls for a national referendum on any fundamental change, such as a switch to a form of proportional representation in which a party's share of MPs in the Commons more closely matched its share of the popular vote.

Monsef repeated her concern Thursday that referendums are costly and "divisive" — even as media reports suggested the committee may indeed recommend exactly that.

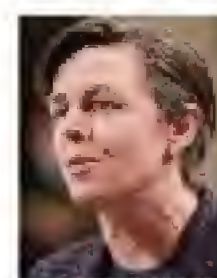
THE CANADIAN PRESS

## Would-be Tory leader wants to scrap the CBC

Conservative leadership hopeful Kellie Leitch is proposing to scrap the CBC if she manages to reach the Prime Minister's Office.

Leitch, whose leadership campaign made headlines when she proposed screening new immigrants for what she described as "anti-Canadian values," now has the national broadcaster in her sights.

She says the broadcaster doesn't need reform — it



**Kellie Leitch**  
THE CANADIAN PRESS

needs to be put out of business altogether.

She says it's unfair that while private media companies are struggling to stay afloat,

the CBC is able to rely on federal subsidies.

THE CANADIAN PRESS

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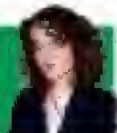
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# Co-existence in a post-truth world

Many different people, from many different places, with many different ideas can peaceably co-exist. What about people with different facts?

**ROSEMARY WESTWOOD**  
From the U.S.



A local New Orleans real estate agent is not flying home to New Jersey for American Thanksgiving. And neither is an esthetics specialist driving back to see family in Mississippi. It's not just fodder for TV and talk radio hosts to suggest that the election ruined some holidays. Politics spoils a good meal even at the best of times.

And these are not those. This is Thanksgiving in Trump's America.

The esthetics specialist comes from a family of Trump supporters, and the real estate agent, who's not speaking to his father, has an aunt convinced Hillary Clinton used a body double during the campaign. Go ahead and Google it. It's there among the truly imaginative smorgasbord of fake news that became, during this

election, its own character, a worrying theme, an external force and the winning boost for Oxford Dictionaries' recently announced 2016 word of the year: "post-truth." Definition: "relating to or denoting circumstances in which objective facts are less influential in shaping public opinion than appeals to emotion and personal belief." Synonym: Donald Trump.

Trump's childlike relationship to reality, his affinity for feelings over facts, are not going anywhere as president-elect. His cabinet picks prove as much. "Some are known and some are not known, but they're known within their field as being the best," Trump told New York Times editors and reporters the day before the Times' editorial board summed up his appointments with the headline "No experience, no problem."

A UN ambassador with zero foreign-policy experi-



President-elect Donald Trump walks past a crowd as he leaves the New York Times building following a meeting on Tuesday in New York. MARK LENNIHAN/THE ASSOCIATED PRESS

ence. A potential housing-department lead known for his neurosurgery talent, and not much else. An education secretary with little faith in public education. In Trump's America, I suddenly feel qualified, at five-foot-six with a crooked spine, to walk the

runway for Dolce and Gabbana.

Alas, I'm one of those pesky people stuck in the grimy mud of a fact-based world. I'm a journalist, that odd profession that forces you to reach for some kind of truth, at the most, and

factual accuracy at the very, very least. I'm young, I know, but I've never been more worried for the profession. How can reporters, writers, editors do their job — to inform the public — if half the country isn't listening? We've known for a long time that

journalists carried about as much respect as lawyers. But I would have never predicted that deep distrust in the U.S. government and hateful disregard for mainstream media outlets would combine to put into the White House a president who doesn't care much for the truth, with a fan base lacking an appetite for public scrutiny.

That is truly terrifying. Those of us working in the mainstream media, and anyone hoping to effect change through their work, will have to figure out how to talk beyond their own echo chamber, how to reach people who have no interest — or a decided disinterest — in what they have discovered.

Many different people, from many different places, can peaceably coexist. It's happened across the world, in different times and places.

But different people with different facts? We're about to find out.

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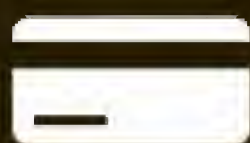
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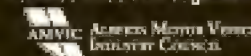
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# Peace deal signed at last

COLOMBIA

## In 150 days, FARC's weapons will be in UN hands: President

Colombian President Juan Manuel Santos signed a revised peace agreement with the country's largest rebel movement on Thursday, making a second attempt within months to end a half-century of hostilities.

Santos and Rodrigo Londono, leader of the Revolutionary Armed Forces of Colombia, signed the 310-page accord at Bogotá's historic Colon Theater — nearly two months after the original deal was surprisingly rejected in a referendum.

After signing with a pen crafted from the shell of an assault rifle bullet, they clasped hands to shouts of "Yes we could!"

Thursday's hastily organized ceremony was a far more modest and sombre event than the one in September, in the colonial city of Cartagena, where the two

men signed an accord in front of an audience of foreign leaders and United Nations Secretary General Ban Ki-Moon, all of whom were dressed in white to symbolize peace.

Santos looked and sounded tired after a two-month political roller coaster that saw him rise from the humiliating defeat to win this year's Nobel Peace Prize. This time the deal will be sent directly to Congress without a public referendum.

"In 150 days — only 150 days — all of the FARC's weapons will be in the hands of the United Nations," he said.

FARC leader Londono used his address to call for a transitional government to ensure the accord is effectively implemented, a suggestion immediately denounced by the opposition as a veiled attempt to extend Santos' tenure past elections in 2018, when he'll be constitutionally banned from competing. The rebel leader also congratulated Donald Trump on his victory and called on the president-elect to continue strong U.S. support for Colombia on its path to peace. THE ASSOCIATED PRESS



**UNUSUAL SNOW IN TOKYO** People cycle in snowfall in Tokyo. Residents in Tokyo woke up on Thursday to its first November snowfall in more than half a century, leaving commuters to grapple with train disruptions and slick streets. AP/GETTY IMAGES

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## Global digest

FRANCE

### Masked gunman bursts into monks' residence, kills woman

The French gendarmerie says a masked gunman burst into a

retirement home for monks in southern France and killed an elderly woman with a knife.

The press service for the national military police couldn't immediately say whether the incident is linked to a terror act or not.

The body of the deceased woman was found gagged

and tied up outside the building, the official said.

THE ASSOCIATED PRESS

IRAQ

### Daesh car bomb kills 56

A car bomb tore through a gas station south of Baghdad on Thursday, killing at least 56

people, including 20 Iranians, in an attack claimed by Daesh.

Police and hospital officials confirmed the toll and said another 45 people were wounded in the attack, which almost completely destroyed the gas station, several nearby stores and set several cars on fire. THE ASSOCIATED PRESS

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People carrying belongings and a pet leave their house in the El Canal neighbourhood before Hurricane Otto hits Bluefields, Nicaragua on Thursday. AFP/GETTY IMAGES

# Hurricane weakens through Nicaragua

## WEATHER

### Heavy rains expected may cause flooding, landslides

Hurricane Otto weakened rapidly as it moved across southern Nicaragua on Thursday after making landfall on that country's Caribbean coast as a dangerous Category 2 storm. It was the southernmost hurricane on record to hit Central America.

The U.S. National Hurricane Center said Otto had weakened into a Category 1 storm and was

expected to emerge off of Central America's Pacific coast by early Friday as a tropical storm.

Authorities in Nicaragua said the hurricane had damaged houses and toppled trees, but so far there were no reports of casualties. Earlier, heavy rains from the storm were blamed for three deaths in Panama.

Otto battered Nicaragua's Corn Islands with 3.5-metre waves and damaged houses, but residents were all safe in refuges, said the archipelago's mayor, Cleveland Rolando Webster.

"There is a lot of rain, the sea is rough and the wind is strong. We have been in danger all night, getting cold and wet," said Alicia

**“**

**We have been in danger all night.**

Alicia Lampson

Lampson, 21, as she arrived at a shelter with a group of people from the village of Monkey Point, south of Bluefields, Nicaragua.

The U.S. National Hurricane Center said the unusually strong late-season hurricane hit land just north of the Costa Rican border with winds of 110 mph (175 kph). Otto's winds later weakened to 75 mph (120 kph) as it moved inland near the border

with Costa Rica. By Thursday evening, it was located about 65 miles (105 kilometres) east of San Juan del Sur, Nicaragua.

The Nicaraguan government declared a state of emergency, and said evacuations would continue because of the continued risk of flooding.

Nicaragua closed schools and was evacuating more than 10,000 people from communities in the storm's path. Heavy rains were expected to affect the entire country, raising the possibility of flooding and landslides.

Nicaragua also feared damage for impoverished farmers and to coffee crops that are almost ready for harvest. THE ASSOCIATED PRESS

## IN BRIEF

### Finland to phase out coal

In a move to cut greenhouse gas emissions, Finland announced plans to phase out coal by 2030, cut oil imports by half and substantially increase the number of electric cars on the roads — partly to meet targets set by the European Union. The government unveiled the plans in its "Energy and Climate Strategy for 2030 and Beyond," that aims to make the Nordic country's energy production carbon-neutral by 2050. THE ASSOCIATED PRESS

## FRANCE

### Terror suspects remain in custody

Citing the risk of imminent threat, French anti-terrorism authorities are keeping five men in custody without charge in an investigation into a suspected new plot to attack France.

The suspects were believed to have taken orders from Syria, and used a mobile phone and computers to search for locations that officials say might have been potential attack sites. Security was tightened at the headquarters of France's criminal investigations police, reportedly among the locations studied. The five were arrested Sun-

day in Strasbourg and Marseille, and should have been charged or released early Thursday. Authorities used an exceptional recent anti-terrorism measure to extend their custody up to two more days, according to a judicial official, based on the threat of an imminent terrorist act and the need for further information from international partners.

The official spoke on condition of anonymity to be able to discuss ongoing investigations.

The Paris prosecutor's office and the Interior Ministry would

not comment on a report by BFM television that the suspects were plotting a possible attack Dec. 1 and had studied potential targets including Disneyland Paris.

Asked about the reported threat of an attack, Disneyland Paris said in a statement to The Associated Press: "We work closely with state and local authorities, and constantly review the security measures we have in place."

France remains under a state of emergency imposed after Daesh attacks in Paris in November 2015 that killed 130 people. THE ASSOCIATED PRESS



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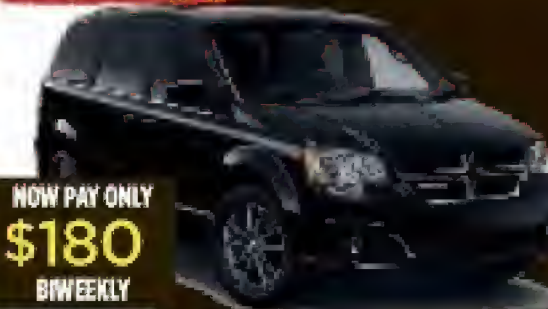
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# Top execs push PM on climate policy

## ENVIRONMENT

### Trudeau and premiers urged to show 'bold leadership'

Canadian corporate executives whose companies together employ more than a million people are urging Prime Minister Justin Trudeau and the premiers to press ahead with collective climate action, including putting a price on carbon emissions.

An open letter to the first ministers was released Thursday morning ahead of a planned meeting early next month in Ottawa, where the federal Liberals hope to finalize a pan-Canadian plan with all the provinces and territories.

"Canada has a history of taking far-sighted policy actions to capitalize on the opportunities created by global economic change," says the letter.

"The time is right for the same kind of bold leadership."

The 60-plus signatories include business leaders representing oil and gas, mining, forestry products, cement making, aluminium smelting, information technology, banking, grocery retail and building materials. Together, their businesses have revenues exceeding \$300 billion annually.

Through the Smart Prosperity Institute based out of the University of Ottawa, they've made common cause with clean energy associations, environmental advocacy groups, organized labour and environmental think tanks.

Their common message is that enlightened self-interest dictates Canada strive to be at the front of the pack as the global economy makes a historic shift. That includes putting a price on CO<sub>2</sub> — "the most cost-effective way to reduce emissions, stimulate innovation and drive energy efficiency," says

the two-page letter.

Michael Crothers, the president of Shell Canada, said the open letter was conceived in September — before the election of U.S. president-elect Donald Trump shook the climate policy world — and is aimed less at the premiers than at fostering discussions with other industrial sectors across Canada. "I've had a few with peers in our (oil and gas) sector but also with other business leaders," he said. "It really starts to help crystallize into the implementation phase what are some of the key issues that people are concerned about, and how can we address those."

As the letter states, revenues from carbon taxes can be used to help vulnerable households but also to help "businesses to remain globally competitive while making the low carbon transition."

THE CANADIAN PRESS

# 60

The number of business executives who signed the open letter to the first ministers.



Prime Minister Justin Trudeau and the federal Liberals hope to finalize a pan-Canadian plan with all the provinces and territories at a meeting early next month in Ottawa. AP/GETTY IMAGES

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metro

## BANK OF CANADA

### Five women on short list for next bank note

Two activists, a poet, an engineer and an athlete are on the short list of five women whose image could appear on the next series of Canadian bank notes due out in 2018.

The Bank of Canada released the list ahead of an announcement on Dec. 8 when the winner will be chosen.

The short list includes Viola Desmond, who fought racial discrimination in Nova Scotia, Pauline Johnson, a poet who was the daughter of a Mohawk chief and an English woman, and Elsie MacGill, the first woman in Canada to receive a bachelor's degree in electrical engineering and a master's degree in aeronautical engineering.

Also on the list is track and field athlete Bobbie Rosenfeld, who won a silver and gold medal

at the 1928 Olympics and went on to become a sports columnist, and Idola Saint-Jean, a feminist and pioneer in the fight for suffrage in Quebec.

The Bank of Canada says the list was selected from 461 eligible nominees submitted by Canadians.

An independent advisory council reduced that to a long list of 12 before further cutting the number to five for consideration by Finance Minister Bill Morneau.

The central bank says that in compiling the short list the council agreed the final five best articulated the criteria including having broken or overcome barriers, making a significant change, leaving a lasting legacy, and being inspirational.

THE CANADIAN PRESS

## EMERGENCY FUND

### Half not ready for crisis

An emergency fund is meant to be there in times of need, but a survey suggests half of Canadian homeowners would be ill prepared for a personal financial dilemma such as job loss.

The poll released Thursday by Manulife Bank found that 24 per cent of those surveyed don't know how much is in their emergency fund, 14 per cent admit to not putting away any funds and nine per cent only have access to \$1,000 or less.

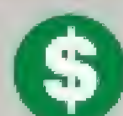
The remainder of those surveyed have up to \$10,000 saved, with the average amount being \$5,000.

Manulife Bank chief executive Rick Lunny says not having three to six months of expenses set aside can lead to desperation if a situation arises where you need to access money right away.

Lunny noted that instead of taking advantage of the current low-interest rate environment to save money, the poll suggests that many homeowners are using it to buy more expensive homes.

THE CANADIAN PRESS

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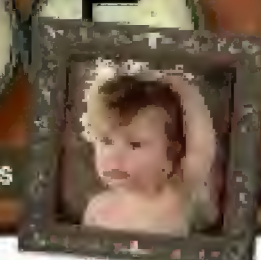


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Your essential daily news

Scientists have found genes responsible for "uncombable hair syndrome," a real disorder that causes tangled tresses

DECODED by Genna Buck and Andrés Plana

## CAN YOU FREEZE YOURSELF IN TIME?

It's Dr. Frankenstein's dream: A few companies will, after you're dead, preserve your body or head in liquid nitrogen — for a fee. A 14-year-old U.K. girl with terminal cancer won a recent court battle to have her body cryopreserved with the faint hope of being revived once technology allows. Trying to extend life forever is far outside the norms of science and medicine. **But it's a cool thought experiment, right?**

### How it works

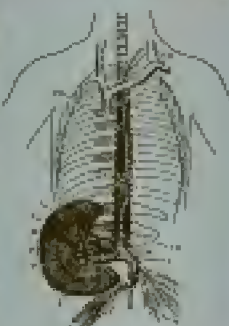
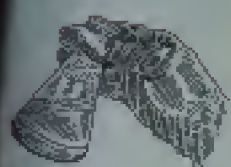
Freezing slows down decomposition, but does a lot of damage. Prickly ice crystals can kill cells. **Vitrification** (freezing in a glassy, not crystallized state) gets around this. But it requires extreme cold and toxic, antifreeze-like chemicals that must be flushed after thawing.

### The problems

Vitrification leaves tissues vulnerable to cold injuries that don't have to do with crystals. And it comes with fracture risk: Glass can break. However, the process has non-fantastical applications, like preserving embryos for IVF, and maybe one day storing donated organs.

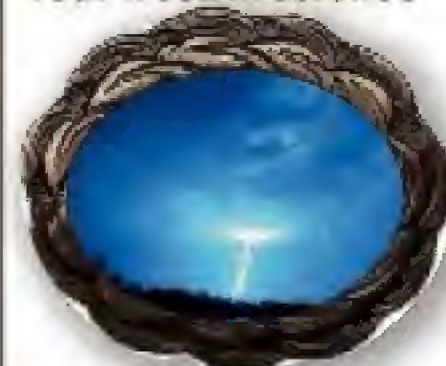
### What about the brain?

The information that makes you, you — thoughts, beliefs, feelings and knowledge — is stored in the form of a complex, precisely regulated set of structures, electrical signals and chemicals. It's not clear if any of that could survive in your vitrified brain.



### FINDINGS

Your week in science



### DEADLY WEATHER

From the department of weird and scary diseases: An outbreak of rare **thunderstorm asthma** in Melbourne this week killed four and sickened thousands more. In damp weather, pollen grains absorb water and burst. Out come hundreds of starch granules minuscule enough to get into your lower airways. Factor in high winds that spread pollen around, and you have a recipe for lung disease, especially for those who are already allergic to pollen.

### SOUND SMART

# GLASS

### DEFINITION

**Glass** is a state of matter. Normally when a liquid cools to a solid, the molecules organize themselves into crystals. But in some conditions it can become a **glass**. The molecules remain in a random, disordered state, much like they would in a liquid — except they don't move around much.

### USE IT IN A SENTENCE

Carlos loves eating glass. No, he's not that stupid: Sugar in a **glassy state** is called hard candy.

CITIZEN SCIENTIST by Genna Buck

## A call for your questions about science

**I'm not answering a reader question this week.**

Instead I'm going to tell you about last weekend. I went to the first podcast festival at the Hot Docs theatre in Toronto.

First of all, are you a pod-casts fan? They're a great way to learn new things and keep up with the news, especially if you're not a big reader.

I'm telling you this because I went to a live taping of the wicked-good podcast Science Vs.

In it, the host, the incomparable Australian science writer

Wendy Zuckerman, tackles a controversial subject like fracking, antidepressants or hypnosis. And, in the course of an hourlong episode, explores whether it holds up in a fight versus science.

In other words, she achieves something a lot like what I'm trying to do with this column — except in a totally gripping, funny way, and (producer Kaitlyn Sawrey says) it takes a luxurious eight weeks to produce.

Like all podcasts, it has an audience of subscribers at least

casually interested in the topic. Meanwhile, you, having picked up this paper on your commute, have found yourself reading a full page of science whether you expected to or not.

This means I have an opportunity Wendy and Kaitlyn don't: I get to talk about science with people who may not be interested in it, or never really think about it in their daily lives.

It also means I get a chance to cover a lot of basics, and I answer a lot of questions about things (healing crystals, for

example), that have no scientific basis. It's been suggested I re-name the column "You're wrong." But I don't want to be that way.

What I would love is to get even more science questions from you, especially if they have to do with things going on in the world. Send them to **Genna.buck@metronews.ca**. I'll do my best to research them and make the answers fun.

**Science Question?**  
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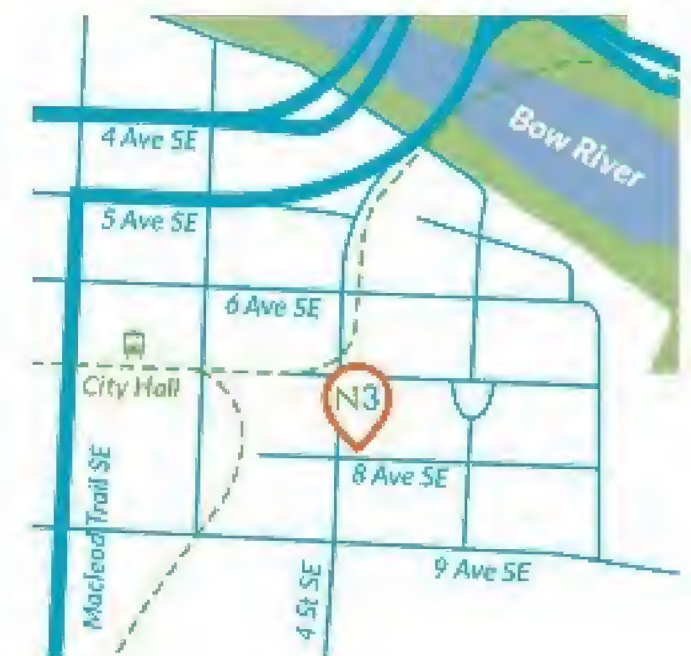
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Moana, voiced by newcomer Auli'i Cravalho, is an adventurous free spirit who is part of the new independent group of Disney princesses breaking the mould. SUPPLIED

## The evolution of a princess

FILM

### Moana follows the brave new breed of girl heroines

**Richard Crouse**  
For Metro Canada



Once upon a time a movie princess was a damsel in distress, swathed in pink and jewels, waiting for Prince Charming to come to the rescue.

Lately, however, the movies have given us a different kind of princess, one who is more into grrrl-power than girly-girl. This weekend Disney helps re-

define their traditional princess in their 56th animated feature film, *Moana*.

The 13th official Disney princess is inspired by Polynesian mythology. Sixteen-year-old Moana (voiced by newcomer Auli'i Cravalho) is a natural born navigator with a mystical connection to the ocean and all its creatures who goes on a sea quest to find a mysterious island. She's adventurous, but as Maui (voiced by Dwayne Johnson), reminds her, "You're the daughter of a chief and you're wearing a dress: you're a princess."

Moana isn't the first movie to shatter the stereotype of the pretty pink princess. "All these Disney heroines, the princesses, they're a product of their time," Maleficent screenwriter Linda

### MOVIE RATINGS by Richard Crouse

**Moana** ★★★★★  
**Allied** ★★★★★  
**Rules Don't Apply** ★★★  
**Celtic Soul** ★★

**HOW RATING WORKS**  
★★★★★ SEE IT  
★★★★ WORTHWHILE  
★★★ UP TO YOU  
★★★ SKIP IT

Wolverton told the Associated Press. "The princesses of the 1940s and '50s, were the best of what a woman should be then: You're the good girl. You took abuse and through it all, you sang and were nice. But we're not like that anymore. We kick ass now."

According to Roger Ebert, Ariel, the teenage mermaid princess of *The Little Mermaid*, "is a fully realized female character who thinks and acts independent-

ly, even rebelliously, instead of hanging around passively while the fates decide her destiny."

In other words, she still marries her prince charming, but for the first time a Disney princess gave a lesson in independence and had a hand (or fin) in deciding her fate. The success of that movie led to a new batch of princesses who were empowered and could look after themselves and others. Jasmine, the daughter of the wealthy Sultan

of Agrabah and the princess at the heart of *Aladdin*, didn't fight off invaders but did do something that made her unique in the Disney princess world. Tired of life in the royal palace, instead of waiting for rescue, the independently minded aristocrat made her own way, even deciding to marry a commoner rather than a prince.

Mark Andrews, the co-director of *Brave*, the story of a Celtic princess who rebels against her mother and escapes from castle life, calls the movie's lead character "an anti-princess." The Princess and the Frog's Tiana, the first ever African-American princess lead in a Disney film, is also an ambitious character in a way that would have been unthinkable in Snow White's day.

More recently the phenomenally successful *Frozen* was the story of two royal sisters, the Princesses of Arendelle, Anna, a spirited adventurer, played by Kristen Bell and Idina Menzel's Elsa, a cryokinetic queen with the awesome power to manifest ice and snow. Like Carrie, but colder. Both are powerful, determined women, but the real twist here is in the definition of the true meaning of love. There's a male hero, but the real love here is between the two sisters.

When you think about movie princesses a few names come immediately to mind: Snow White, Cinderella, Aurora and Belle. This fab four have come to define what being a movie princess is all about. Or at least they used to.

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# Hawaiian-born teen catches wave of Moana mania

INTERVIEW

**Like her Disney self, newcomer Auli'i Cravalho sets few limits**

**Chris Alexander**  
For Metro Canada



With Moana, the house of the mouse has finally given us a heroine for the ages.

Disney's latest animated opus is a lush spectacle that follows the adventures of a Polynesian island princess who voyages across the ocean to restore a sacred stone to a mythical island and thus save her home and the entire Pacific ocean.

And while she's joined by a reluctant, preening and tattooed Demigod (Dwayne Johnson), Moana is the heart and soul of the film, a brave, strong and yet vulnerable young woman who refuses to be defined by any perceived limitations of her age or gender.

Auli'i Cravalho, the 16-year-old actress playing Moana, is an equally graceful and driven person. The Hawaiian-born newcomer was chosen out of hundreds of other performers to play the part and after we spoke with her during her recent Toronto press tour, it's easy to see what Disney saw in her.

"I have been given this really amazing blessing," says the intelligent, elegant young actress.

"It was like I was given the golden ticket. I was the last girl on the last day of casting to audition and I would never have dreamed



**She's tenacious, she's rocking her beautiful tan, her hair blows in the wind and she's got her athletic body.**  
Auli'i Cravalho, on what she likes about Moana

up to be."

Back home, Cravalho has become a bit of a rock star, with the locals celebrating her sudden, dramatic rise to success and young people seeing her as a role model.

But she's still totally grounded and the burst of fame has not affected her ego at all. In fact, it has inspired her to do great things with her life.

"My life is a little different now. Everyone just calls me Moana now. That's my new name. I won't legally change my name of course, but I turn involuntarily when people call me that in the streets."

"My teachers call me that. My friends call me that. But even though I'm excited about this and all the travel that comes with this journey — I got to see falling snow for the first time last week — I still plan to finish my education and even pursue my first love, microbiology, and find ways to use any celebrity I get to be a spokesperson for the importance of science."

"Really, I'm just a normal girl in a completely abnormal situation but I still want to ride the wave of Moana for a while. Pun intended!"



Actress Auli'i Cravalho was cast in the lead role of Moana having been the last person to audition on the final day of casting. Back home in Hawaii, Cravalho has become a bit of a rock star. ANDREW FRANCIS WALLACE/TORSTAR/GETTY

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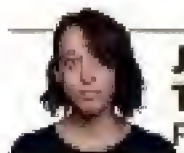
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# A glimpse into the Syrian war

FILM

## Halifax journalist helps pen documentary



**Jen Taplin**  
For Metro | Halifax

It makes sense that Halifax was the second venue in North America to screen *The War Show*, a gut-punching documentary about the Syrian war: the film's co-writer Spencer Osberg is a Haligonian globe-trotting journalist who wanted to bring the film home.

People who have a connection to the Syrian community and Syrians themselves will automatically have more empathy for this film, he said.

"And Canadian families who don't really have an idea of what's happening in Syria will see this, will have a bit more of an idea of what (refugees) are leaving and why they are leaving and that will probably hit home," Osberg said.

The *War Show* is told through footage mostly shot by Syrian radio host Obaidah Zytoon. Starting in 2011 she took her camera to protests against Syrian President Bashar al-Assad.

For the next few years, Zytoon filmed her friends, their involvement in the revolution, and the torture, gun battles, starvation and



A woman in the city of Zabadani preparing masks for a protest. CONTRIBUTED

destruction of her country.

Osberg met Zytoon in 2013 when he was working as a magazine editor in Beirut. She had escaped Syria and sought refuge there.

"The reason I've stayed involved with (the film) for so long is because it feels like a defining movie, like 15, 20 years from now when people talk about the Syrian conflict, this tells the story of it," he said.

The film premiered at Venice Days in August, received

a standing ovation and won the jury prize. Osberg said at its first showing, some audience members were weeping during the film.

"It tells the wider story, but it brings you through it in a personal way where you get attached to the people," he said. "You feel you know them and then they're taken from you."

His hope is the film makes what's happening in Syria feel real and creates a bridge of empathy.



Hisham, a character in the film. CONTRIBUTED

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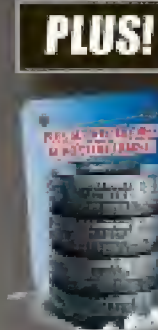
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## Baruchel stays loyal to Celtic in new doc

**CINEMA**  
**Canadian actor's sports fandom takes him to Europe**

Jay Baruchel is probably among the most ardent Montreal Canadiens fans out there.

The Montreal-raised comedy star says nearly everything in his home has the Habs logo on it, from a panini press to underwear and a wallet.

His passion hits a fever pitch when discussing the Habs' trade of star player P.K. Subban to the Nashville Predators in exchange for Shea Weber in June.

"I am vehemently against it," the actor-filmmaker said in a recent interview. "I think the Habs picked management over a player once again and they have a history of doing that."

It's nothing against Weber, who "is an incredible hockey player," he added.

"But I think P.K. Subban was one of the two faces of our franchise going forward," added Baruchel, director and co-writer of the upcoming hockey film

Goon: Last of the Enforcers.

"I think his best years are still obviously to come. I think he did pledge his life to that jersey and that city."

Sports fandom is akin to religion, Baruchel explains in his new documentary Celtic Soul, which opens Friday in select cities.

Michael McNamara wrote and directed the film, which follows Baruchel and Irish sports broadcaster Eoin O'Callaghan on a road trip from Montreal to Ireland and then Scotland to watch another team they love — Celtic Football Club in Glasgow.

The two learn the history of both teams and their similarities, from their strong connections to the Catholic

Church and their reputations for drawing in a diverse range of superfans.

"Celtic, its origin story, is about being open-minded to everybody," said O'Callaghan, who recently moved to Toronto and lived in Winnipeg for two years hosting Fox Soccer Report.

"It obviously has big links with Roman Catholics in the city and beyond that, but from the very first steps of the club it was open to all — and not every club was like that."

"The other thing about those clubs," added Baruchel, "is that there's not a part of the world where there isn't a Celtic fan or a Habs fan."

"You can't say that about every sports team."

Both teams also carry a special prestige, they noted.

"Some sports teams are just sports teams," said Baruchel.

"I'm going to piss off a lot of people on the West Coast but what the hell do the Canucks represent? Honestly. And I don't mean to take away from people that are dear Canucks fans. That's their team."

"But ... some teams mean more and the Habs, for better

and for worse, is much more than a hockey team. There are political, historical, linguistic, cultural, religious ... implications that are involved in it and Celtic is (the same)."

Baruchel said he's just as big a Celtic fan as he is of the Habs, and feels a strong connection to the club given his mother's Irish and Catholic background.

The immigrant saga and connecting to one's roots through sports is a major theme of the film, said Baruchel.

"It's something to be proud of and cherish," he said. "I think there are people in the country directly south of us who could do with remembering that their grandparents all came from somewhere else."

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Jay Baruchel chases a soccer dream in Celtic Soul. CONTRIBUTED

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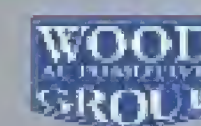
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## Jailed Iranian director vows to keep on writing

WRITING ON THE CITY

### Artists arrested in crackdown on expression

Iranian filmmaker Keywan Karimi has begun serving a year-long prison sentence handed down over footage authorities deemed insulting, his production company confirmed on Thursday.

The charges against the 30-year-old stemmed from a film he directed called *Writing on the City* that focuses on political graffiti in Iran from the country's 1979 Islamic Revolution to the contested 2009 election. He was initially sentenced to six years behind bars after being found guilty of "insulting sanctities" in October 2015.

In February, an appeals court reduced the sentence to one year but kept the requirement that Karimi endure 223 lashes as stipulated in his original sentence.

Speaking to The Associated Press earlier this week, Karimi said he hopes to use the time behind bars to complete the script for his next film.

"Be sure, I'm strong. Inside, and mentally, I'm ready," he said.

Karimi was arrested by the Revolutionary Guard and held in solitary confinement in December 2013 after a trailer for *Writing on the City* was



In this undated photo film director Keywan Karimi, left, cameraman Arasto Givi and assistant director Fateme Hafezi work on a scene of the movie titled *Writing on the City* in Tehran, Iran. THE ASSOCIATED PRESS FILE

posted on YouTube, according to Paris-based production company Les Films de l'Après-Midi. It confirmed he began his sentence at Tehran's Evin Prison on Wednesday.

The production company is releasing Karimi's first feature film, *Drum*, which premiered this summer at the Venice International Film Festival.

Iranian authorities could not immediately be reached for comment.

Karimi is one of several artists, poets, journalists, fashion models and activists who have been arrested in a crackdown on expression led by hardliners who oppose President Hassan Rouhani's more moderate policies and efforts to

promote greater openness with the outside world.

Karimi said he is determined to remain in Iran despite the challenges.

"I want to reconstruct Iran based on my dream. Maybe it's crazy," he said. "But I'm thinking about the future, our children's future."

THE ASSOCIATED PRESS

BLACK BUTTERFLY

## Spike Lee sued for not paying union

Filmmaker Spike Lee and his companies are being sued by the directors of three union benefit plans who contend he didn't make sufficient health and pension contributions.

The lawsuit was filed Wednesday against Lee, Forty Acres and a Mule Filmworks and Black Butterfly Productions. It claims an audit found nearly \$45,000 in unpaid contributions between September 2007 and March 2010.

The suit said Lee controlled Black Butterfly, a signatory to collective bargaining agreements, and treated its assets, which include the 2008 film, *Miracle at St. Anna*, as his own while failing to pay its debts.

"Despite multiple demands, Black Butterfly has failed to pay the claims asserted by the Plans. Black Butterfly refuses, and continues to refuse, to pay the amounts due for unpaid contributions disclosed by the audit," the lawsuit says.

The plaintiffs manage plans for the American Federation of Musicians, the International Al-



Spike Lee. ANDY KROPA/INVISION/ THE ASSOCIATED PRESS FILE

liance of Theatrical Stage Employees and the International Brotherhood of Teamsters Studio Transportation Drivers. They are seeking all unpaid damages, interest, audit costs and legal fees.

Lee is a writer, director and actor. His films include *Do the Right Thing*, and *Malcolm X*. His most recent movie, *Chi-Raq*, is about gun violence in Chicago. THE ASSOCIATED PRESS

### FILM ANIMATION

#### Several animated short films with Canadian ties in running for Oscar

Four animated short films with Canadian ties are a step closer to Oscar nominations.

*Blind Vaysha*, produced by the National Film Board of Canada, and *The Head Vanishes*, co-produced by the NFB, have made the short list for consideration for the 89th Academy Awards.

Also on the list is *Pear Cider and Cigarettes*, directed by Robert Valley of Vancouver, and *Piper*, helmed by Alan Barillaro of Niagara Falls, Ont.

The Academy of Motion Picture Arts and Sciences announced on Wednesday a total of 10 animated short films that will advance in the voting process.

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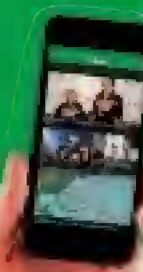
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# Mehta dramatizes life of rapists in newest film



Mehta's detailed study was inspired by the real-life story of a woman who was raped and beaten by six men. CONTRIBUTED

## DRAMA

### Anatomy of Violence looks at brutality in New Delhi

Deepa Mehta was in New Delhi visiting her mother in 2012 when news broke of a horrific gang rape there.

Jyoti Singh, a 23-year-old medical student, was raped and beaten by six men for hours on a moving bus she was on with a male friend. She died two weeks later as a result of massive injuries sustained in the attack.

"There's something that's so visceral about this experience, about the thought of a young woman in a moving bus being gang-raped, and the bus is going around an area of Delhi, passing six police posts and nothing happens," Mehta, who grew up in New Delhi, said in a recent interview.

"What was horrific about the whole process was that they threw the young couple out of the bus naked and it took some time for the police to come and get them."

Anatomy of Violence, which starts screening in select cities on Friday, is a fictional dramatization of the lives of the rapists.

The intent is to initiate a dialogue about the systemic issues, like misogyny and



patriarchy, that lead to such violence and breed such individuals, said the acclaimed Indo-Canadian filmmaker.

"I do hope that it brings up discussion about how society is complicit in how we bring up our children, the kind of education they have, the glass ceiling and how important equality is," said the writer-director of the Oscar-nominated Water.

Mehta said she also hopes to elicit a sense of empathy for the rapists.

"I don't feel compassion for them because they made a choice and they have to be responsible for that choice and that choice is a horrific, brutal choice," she said.

"I just think that if they hadn't been brought up the way they were, that girl would not be a victim, she would

**"Let's not kid ourselves, rape knows no class — rich people rape — it knows no geographic boundaries. It is based on patriarchy, power, misogyny, how we bring up our kids."**

Deepa Mehta

not be dead. That's food for thought, so why are people afraid of feeling that we're responsible for them being the way they are?

"You have to own up to it, otherwise there will always be the monsters, and monsters are so easy to dismiss. But if the monster is your brother, that's a problem."

Anatomy of Violence has a raw feel, with largely improvised scenes in New Delhi depicting the lives of the rapists from childhood onward. Some of them experience childhood trauma including molestation, rape and abuse by family members, as well as poverty.

Mehta said she initially wanted to make a scripted feature and went to New Delhi to hold improv sessions to come up with storylines. But

as they started filming the improv workshops, she realized the material was too powerful to abandon.

"I think it was the second day where I thought, 'I really don't want to go back, put the script together and cast professional actors from Bollywood and do a film about the rapists,' because it felt dishonest because what was evolving in front of me was very organic," she said.

The film also gives a dramatized look at the life of the victim but doesn't depict the actual rape.

"I have no desire to re-victimize the victim," said Mehta. "It's not about that poor young woman. It's about what we make, these guys, these brutal rapists."

It's also not just a film about what's going on in India, she added.

"Yes, this is a very particular story, the context is the gang rape that happened in India in 2012, but it's totally universal," said Mehta.

"It happened in Brazil a few months ago, it happens in Canada all the time."

"And let's not kid ourselves, rape knows no class — rich people rape — it knows no geographic boundaries. It is based on patriarchy, power, misogyny, how we bring up our kids. It's the lack of equality, that's what we have to talk about."

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# An ode to Bogart and Bergman



Brad Pitt and Marion Cotillard slip into sumptuous period costumes to tell the story of two WWII-era spies, in *Casablanca* and then in *England*, who fall in love amid the turmoil of war. CONTRIBUTED

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## FILM

### Allied is a hark back to bygone Hollywood era of big romance

In a world of franchises, reboots and comic-book films, the original espionage thriller *Allied* is a comparatively bold gamble for a studio. Glamorous, serious, and classically made (with a healthy dose of CGI), *Allied*, from director Robert Zemeckis and screenwriter Steven Knight, looks to harken back to a bygone Hollywood of David Lean epics and sweeping romances between larger-than-life movie stars.

In *Allied*, the would-be Bogart and Bergman are Brad Pitt and Marion Cotillard, who slip into sumptuous period costumes and settings to tell the story of a pair of WWII-era spies, in *Casablanca* and then in *England*, who fall in love amid the turmoil of war.

Their happy existence is put into doubt, however, when Max's (Pitt) superiors inform him that they suspect Marianne (Cotillard), now his wife and the mother of his child, is a double agent.

"It's rare that we can still do movies like this one — very deep love stories with original subjects and surprising stories," Cotillard said. "It is this very entertaining movie with very strong and powerful feelings and real questions about love and war." Zemeckis was pleased that his leads looked natural and of the

time in the clothes. "Sometimes you put period costumes on contemporary actors and they look like they are dressed up," Zemeckis said. "But they were able to carry those costumes in a way that looks absolutely right."

The costumes, by Zemeckis and Steven Spielberg favourite Joanna Johnston, proved essential for the characters too. Cotillard calls her wares "another layer of the skin." She was also delighted to be sporting garments similar to her childhood idols like Ingrid Bergman and Katharine Hepburn.

“

**It was a lot of  
stress for him, a lot  
of stress.**

Marion Cotillard on co-star  
Brad Pitt learning a  
French-Canadian accent

"I would watch actresses in glamorous movies and it was part of my dream to be an actress," she said. On set, Cotillard also became a de facto teacher for Pitt, who had to master a French-Canadian accent for his role.

"It was a lot of stress for him, a lot of stress," she said. "He was working every day. I helped him by being very honest. That's the only way you can be pushed to your best. I was very impressed by his dedication."

Pitt, who is going through a divorce from Angelina Jolie Pitt, was not made available

for interviews in Los Angeles. The intrigue of one of the most high-profile celebrity divorces in recent years also became unexpectedly linked to the film when rumours circulated that he'd had an affair with Cotillard.

It wasn't helped when Paramount dropped the first trailer for the film just a few hours after news broke of the Pitt/Jolie divorce, seemingly suggesting a Mr. & Mrs. Smith in WWII angle.

Zemeckis insists was a coincidence and not a salacious way to drum up excitement, although he laughs that he knows no one believes that.

However the speculation spun so out of control that Cotillard, pregnant with her second child with longtime partner Guillaume Canet, resorted to issuing a statement to the press denying the rumours. Cotillard shrugged off a question about what that experience was like for her to go through. "I had nothing to deal with, seriously," she said. "I said everything I had to say about it. I'm not the one who is in the very complicated situation."

When asked about doing some promotion of the film without Pitt, Cotillard's publicist jumped in that they had nothing more to add on the subject.

"We love the movie. We are very proud of it and we're very proud to share it today with the audience and the media," Cotillard said after the interruption. Indeed, the audience is a big question for the film, which cost a reported \$85 million to produce.

THE ASSOCIATED PRESS



# Hamilton scribe taught Dwayne Johnson to sing

MUSICAL

## Miranda writes song for demigod of wind and sea

When Lin-Manuel Miranda needed a break from his American history phenomenon *Hamilton*, envisioning the crisp blue waters of Polynesia and Disney's latest animated musical *Moana* offered the perfect getaway.

Miranda is following up his Tony Award- and Pulitzer Prize-winning Broadway hit by contributing seven original songs for *Moana*, opening Wednesday. The writer-composer-actor was hired for the film before *Hamilton* hit, and said working on *Moana* proved a respite from the Broadway frenzy.

"When I got sick of doing American history research, I'd go sail across the water with Maui and Moana," Miranda, 36, said in a recent interview. "And once the (stage) show was written and it was up and running, (*Moana*) was my oasis of calm in the *Hamilton* phenomenon."

*Moana* tells the story of a teenager who is drawn to the open ocean despite her father's admonition that no one from their island village venture beyond the reef. But a curse threatens their survival — the fish have stopped biting and the plants are dying — so Moana defies her dad, who is also the village chief, to seek solutions across the water. She'll need help from the elusive Maui, demigod of wind and sea.

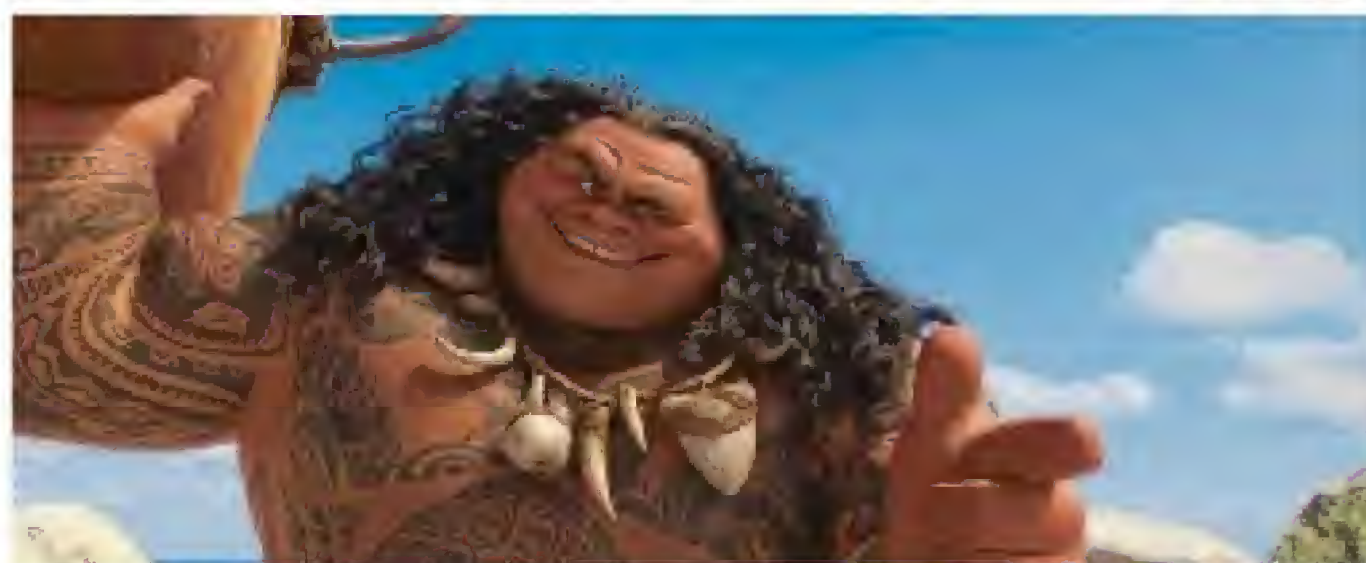
Newcomer Auli'i Cravalho plays Moana. Dwayne Johnson voices Maui.

Miranda said Johnson needed no coaxing to sing. In fact, he demanded it.

"It wasn't about getting him to sing," Miranda said. "It was about meeting the challenge of: you've got this larger-than-life personality, how do you write a song worthy of that?"

Johnson said he just wanted to do whatever he could to make the film better.

"I was up for, yes, singing,"



Dwayne Johnson (above) voices the character Maui in the Disney production *Moana*.

CONTRIBUTED

he said. "Because I knew what you have with Lin... He's a master and he's a genius, really, at what he does. I knew if I gave him the parameters and the directive of there's no limits, let's just have fun

and go for it — and he wrote this song and we had a blast."

As Maui, Johnson performs a song about how wonderful he is called *You're Welcome*.

Other Miranda-written songs include *Moana's* tune, *How Far I'll Go*, the sweeping *We Know the Way* and the '70s glam-rock inspired *Shiny*, performed by Jemaine Clement as a cranky crab.

Miranda is still in Disney's fold, having just relocated his family to London to begin production on *Mary Poppins Returns* next year. He plays

a lamplighter, while Emily Blunt takes on the title character. Miranda said his wife and son are adjusting well to the move across the pond. It's his dog that's having trouble acclimating.

"We live in an apartment in New York, and my dog is not used to having stairs," he said. "So getting netting on the ground so my dog felt comfortable on the stairs was the biggest challenge."

*Mary Poppins Returns* is set for release in 2018.

THE ASSOCIATED PRESS



Lin-Manuel Miranda

**When I got sick of doing American history research, I'd go sail across the water with Maui and Moana.**

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In Warren Beatty's *Rules Don't Apply*, small-town beauty queen and aspiring actress Marla Mabrey (Lily Collins) finds herself attracted to her personal driver Frank Forbes (Alden Ehrenreich), even though it defies their employer Howard Hughes' No. 1 rule: No employee is allowed to have an intimate relationship with a contract actress. CONTRIBUTED

# Young stars learn from veteran Beatty

## INTERVIEW

### Actor's life an inspiration for romantic tale... and its two leads

At the heart of Warren Beatty's long-in-the-making *Rules Don't Apply* is a burgeoning but forbidden romance between a pair of wide-eyed young adults, freshly plucked from their traditional upbringings and thrust into the capricious world of Howard Hughes and 1958 Hollywood.

Serving as distant proxies for Beatty's own Hollywood beginnings, Lily Collins stars as the innocent aspiring actress Marla Mabrey, a Baptist beauty queen turned one of Hughes' many female contract players, and Alden Ehrenreich as the ambitious Frank Forbes, who gets his start as a driver for Hughes and "his girls."

The two young actors reunited recently to discuss the unique process of working so closely with Beatty and how his own career and life choices have had a knock-on effect and influenced theirs.

#### What's the story of how you two met?

**Alden Ehrenreich:** We met in the context of Warren. We had never met before, but we grew up in the same town and knew a lot of the same people. Our moms knew each other.

**Lily Collins:** It's really bizarre that we never crossed paths until Warren getting us together to finally get in the same room.

#### Your moms knew each other?

**Collins:** Through the Beverly Hills Women's Club. They used to be on the board together.

**Ehrenreich:** I didn't know my mom was on the board.

**Collins:** Yep, they were in the Women's Club together, and I think there was another club in Beverly Hills, and they used to spend time organizing events together and were constantly talking about each other's kids. I actually met your mom at one

of those events. I remember hearing about this infamous Alden!

#### Did you have any touchstones — whether a family member or cinema — for the time period of the film?

**Ehrenreich:** For me it was so much growing up and watching all these old movies forever that that was just in my DNA. That's why I wanted to be part of this movie for so long, because



**The entire experience ... was organic but also the most unconventional thing I've ever been part of.**

Lily Collins

I thought it was the closest opportunity to be part of something like that.

**Collins:** My grandmother was a ballerina during that period. She's no longer alive, but I remember referencing old photos of her. She had a lot of the same images that a lot of the Hughes girls had in their pictures, so I looked

at those to kind of emulate her grace and how she carried herself. Otherwise I just watched old movies and took in the essence of those women and read chapters about the Hughes girls that he brought in from different states.

#### Do you have a favourite Warren Beatty story?

**Collins:** I think for me, just the way in which I met him and the way I became asso-

ciated with the project was bizarre. I was doing hair and makeup for a premiere of mine and my agent called me and said, "Here's a number, Warren Beatty wants you to call him at home," which was bizarre and crazy and strange. So I called him at home and the first words out of his mouth were "I told you never to call me at

home!" Then he was like, "Just kidding, hi!" It started this tone of the entire experience, which was organic but also the most unconventional thing I've ever been part of.

**Ehrenreich:** I spent five years just having dinner and lunch with him and there are so many different moments. I remember there was a time, like two or three years into knowing him, but he had read somebody for the film and I didn't know whether or not I had the role, but once he read this person, I felt like he'd become more fixed on him. So one night after dinner, I asked if we could read one of the scenes and not knowing whether I was going to be in the film or whether it was going to happen, honestly. We went back to his house and read the scene between (Forbes and Hughes) at the dock. We ended up reading it nine times into the night. I remember walking away from that thinking, well, if the movie doesn't happen or I don't get cast in the movie, I'll always have had that ex-

perience.

#### What else do you think you'll take away from this?

**Ehrenreich:** For me it's the education that I got from Warren. Just understanding how he made the decisions he made in his own life, how he stuck to his own convictions and did things exactly the way he wanted to do them.

#### He was one of the first actors to really take control — does that hold appeal for you?

**Collins:** I'd love to wear all those different hats at the same time one day. Learning from him was a huge opportunity. He was one of the first to do all of that in a time when actors were just actors. Also, to see Annette (Bening) have the amazing career that she has but also have this incredible family and the kids who they have are so intellectual, kind-hearted and witty young people? To see that you can have both is amazing, because I want both and it's proof. THE ASSOCIATED PRESS



# There's no false starts as lightning strikes screen



**Sprinter Usain Bolt's 'triple-triple' quest ended in triumph at this year's summer Olympics in Rio de Janeiro.** ASSOCIATED PRESS FILE

## INTERVIEW

## Documentary shines a sharp light on the real life of Usain Bolt

Usain Bolt is now a movie star. He refuses to say he's an actor.

Such a distinction is important for the Jamaican sprinting great and nine-time Olympic champion. Until his competitive career ends next year, Bolt will continue playing only one role — that of the world's fastest man, someone who beat the odds to acquire immense fame and fortune on his way to becoming one of the biggest stars in global sport.

As such, it's not a made-for-Hollywood version of himself that takes centre stage in the documentary *I Am Bolt*, which is being released Monday. As the title wants viewers to believe, the Bolt who is in the film is the very same one that his friends, family and other members of his close-knit inner sanctum have seen for as long as they've known him.

"I wasn't an actor," Bolt said. "I wasn't trying to push a different person forward."

This is Bolt, a behind-the-scenes view of the superstar that took about two years to make and has him holding the camera at times. The idea in large part surrounds Bolt's quest for the so-

called triple-triple — three gold medals in three events at three consecutive Olympics, something no sprinter in the history of the sport had ever accomplished.

He pulled it off, to little surprise, at the Rio Games.

And then he could finally exhale, knowing this film would have the perfect ending.

"Oh my God, you have no idea the pressure that I was under," Bolt said in a recent interview, as the production was winding down. "But I live for these moments. I love the pressure. And I have all the confidence in myself and my coach and the team I have that it would come true for me. The pressure was there, but the confidence was always there — which made it much easier."

Bolt agreed to make this film after realizing that he would be able to convince both his fans and his detractors that what they see on the track — a free-spirited showman who tries to be stoic and serious only when absolutely necessary — is what they would get if they tagged along with him on a typical day.

He shows off some of the spoils of his life, whether it's the party scene or travelling or enjoying luxury. He also shows

how all that is possible, with 5:30 a.m. workouts that he groaned through and the rigours of what's needed to keep an elite athlete in top physical condition.

"I live a simple life, you know what I mean?" Bolt said. "One of the things that made me really want to do this was people always saying: 'Aw, this is not really who he is. He's not always laughing. It's not always fun for him.' This is who I am. The part that people don't see, that's the part I want to show people behind the scenes, the hard work."

There are also some moments where that megawatt smile isn't present. Yes, even Usain Bolt can have a tough day.

"You have to ask yourself, why am I doing this? I've done everything. I've done it many times," Bolt said. "I have nothing else to prove."

Not now, he doesn't.

The triple-triple was the caper to a storied Olympic career. He's the world-record-holder in the 100- and 200-meter dashes, and anchored the fastest 4x100-meter relay in world history as well. But without those three golds from Rio de Janeiro, Bolt would have felt somewhat unfulfilled.

"I wanted to be one of the greatest," Bolt said. "I wanted to be among the greats. Without this Olympics, I would be great, yes. But I don't think I would be in the bracket of Muhammad Ali, Pele and the great footballers. That's what I want."

Bolt's plan is for the world championships next year in London to be his final meet.

From there, who knows.

He's already well set up as a businessman, with endorsement deals around the globe and other investments — such as a restaurant not far from Jamaica's National Stadium in Kingston, an eatery where a two-lane track is stenciled on the floor around the bar. He'll consider dabbling with other sports, and he has a clear desire to play soccer. He might coach. He will not be a politician.

And he's already been approached about acting. For the record, Bolt says the actor who could play him best is Denzel Washington, and he counts *2 Guns* as one of his favourite movies.

"People always say it was Training Day," Bolt said. "But I loved 2 Guns because it was different."

He wanted this movie to be different as well.

"I tried to talk about what I'm feeling, what I'm thinking," Bolt said. "That's what I really try to portray. I never try to be unoriginal."

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# Tagaq making a big, unique noise

## INTERVIEW

## Inuk singer clears throat to make her mark

**Ben Rayner**  
Torstar News Service

Tanya Tagaq is threatening to turn into one of the most peculiar and uncompromising main-

stream success stories Canadian music has ever known.

Although she previously graduated from the experimental fringe to a semblance of national prominence after winning the 2014 Polaris Music Prize for her blistering third album, *Animism*, the Inuk throat singer from Cambridge Bay, Nunavut, has enjoyed a level of visibility that even she will concede is utterly unexpected since the

release of her record, *Retribution*, a month ago. From *Flare* to *The Fader*, from the *New York Times* to the *Los Angeles Times*, from *Pitchfork* to *Rolling Stone*, breathless praise has already been heaped upon her latest work by writers awed at Tagaq's singular vision and prodigious vocal talents.

Dates in the U.K. and Europe beckon in between Canadian shows, and there's already a

high-profile gig at New York's Lincoln Center set for March 9. Things are heating up.

"Yeah, the train is choo-chooing along," says Tagaq, 41, with an air of bemusement. "It's been a pretty good run. It's so weird. I don't even really understand how it got this way. All I remember is people telling me it would never work out, right?"

True, smart industry money wouldn't necessarily bet on Retri-

bution as a "breakout" album.

Like its predecessors, it's largely wordless, centred around the guttural grunts, shrieks and moans that constitute Tagaq's 21st-century take on traditional Inuit throat singing, and borne of hours of exploratory improvisation in the studio with core collaborators Jesse Zubot and Jean Martin, a jazz-minded violinist/drummer combo with whom she enjoys an almost subconscious relationship in performance.

Together with such guests as Mongolian throat singer Radik Tyulyush, Inuit singer Ruben Komangapik, rapper Shad and the Element Choir, the three have conjured up some truly apocalyptic, electroshocked soundscapes on the new record.

"I went into the studio with some ideas and made the noises and made some noises but it's Jesse who really did the arrangements and the mixes. He mixed it all. He almost went crazy," says Tagaq, who had no intention of softening her approach to appease a larger audience after the hair-raising *Animism*.

"I love the sense of sound, I love hearing, I love listening, I love making noise."

"So it would be almost unscrupulous of me to attempt to harness the beast in any way ... I might try some 'songs.' I really enjoyed the song with Shad and it's pretty laid-out, so I might try some songs with a chorus

at some point, just to try it out."

Thematically, too, *Retribution* doesn't go easy on you, offering dire warnings of looming environmental disaster for the planet and taking unflinching stock of human society's treatment of women — not least among them Canadian Aboriginal women. A sighing cover of Nirvana's *Rape Me* closes the album, sadly and succinctly summing up the messages that came before. Tagaq isn't pulling any punches.

"I have a lot of ideas for covers. I've done quite a few of them and not released them yet," says Tagaq, the mother of two daughters. "But I think *Rape Me* was

very important considering what's been happening lately around the world and with the media and just with everything. I just got sick and tired of everything from getting beeped at on the street

to hearing about someone pulled out of a river. I got so sick of it.

"I think the secret to having people understand and the secret to a collective shift in social consciousness is to create empathy. Yeah, I'm angry about all those things, but mostly I'm just sad. I'm sad that the world is at that place where women...can have the same opinion as a man but it gets discredited, women can get paid less, women have to do more work just to exist. And we have to make everyone and do that birth part."

**“It would be so difficult to try to make music to fit into the typical idea of what music is.”**

Tanya Tagaq

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Tanya Tagaq's new album *Retribution* is no easy listen, dealing with environmental and social issues. COURTESY VANESSA HEINS



# Only one man at The Party



**Acclaimed Prairie singer/songwriter Andy Shauf, a recent Polaris Music Prize nominee, says he doesn't like to work with others.** TORSTAR NEWS SERVICE

**ANDY SHAUF**

**The Party is a sumptuously '70s-styled soft-pop opus**

**Ben Rayner**  
Torstar News Service

Some people just don't play well with others. Maybe Andy Shauf is one of them.

By the Saskatchewan-raised singer/songwriter's own admission, being a perpetual one-man band in the studio can make for long hours and an isolated existence. But he's also learned from experience that he much prefers being in total control of his own vision.

"It gets a little lonely creating music on your own. It would be nice to start a band and, you know, do something fun," deadpans Schaaf, 29, over a beer at Skyline diner, where he's already become such a fixture since relocating from Regina to Toronto a few months ago that co-owner Maggie Ruhl confides "we get pilsner in just for him."

"For my albums, it's really

hard for me to work with other people. I don't find it super-easy to follow ideas with other people, I guess. I feel like I'm on the clock or something, wasting other people's time."

It's not like he hasn't tried to welcome others into the creative fold. His third album, this year's internationally celebrated *The Party*, actually began life as a full-band recording, after Shauf landed a grant to record at a studio near Dresden, Germany.

He took three other musicians with him and spent three weeks struggling to come up with anything satisfactory, then returned to Regina armed with the knowledge that he'd just lived through "the moment that I learned it doesn't work for me to work with other people."

"It was a nightmare," he says frankly. "It sucked."

The Party thus came into being, slowly and methodically, over the next year or so in the same manner that Shauf's previous two albums were born: with him playing every single part heard on the record, from piano to guitar to clarinet, save some string arrangements supplied by

Colin Nealis — also a trusted member of the three-piece touring band Shauf will bring to the Mod Club for two sold-out Toronto shows this Friday.

He did allow himself the luxury of working in a proper studio in an old CBC building in downtown Regina rather than the usual DIY set-up in his parents' basement, at least. But he still wound up re-recording the entire album.

**I don't find it super-easy to follow ideas with other people**  
Andy Shauf

"It's not agonizing," Shauf says of his patient recording *modus operandi*. "It's something that I really enjoy. It's a process that I really like to do. But I am super-meticulous. Most of these songs probably had five different versions. It's a lot of trial and error, trying to figure out how it's gonna sit together."

All that extra effort wasn't in vain. The Party — a sumptuously '70s-styled soft-pop

opus built around a set of sensitively drawn vignettes from the awkward end of a house party where no one, it seems, is having a good time and one guy actually keels over dead after swearing off cigarettes for life — arrived last May to rave reviews on both sides of the Atlantic and an eventual spot on the Polaris Music Prize short list.

And despite his confessed, initial uneasiness about handing over the musical reins to interpreters of his songs onstage, Shauf and his band are now returning to sold-out dates in many markets they've already visited in Canada, the States and Europe since *The Party's* release on their first proper headlining tour. They're already booked through the summer on both continents.

The laconic Shauf will merely, modestly, concede that all the attention is "cool."

"I hope I'm in demand and not just booking too many shows," he says dryly. "It's good. It's also, like, terrifying, though. I've been doing this for so long and it gets a little bit better and I'm like: 'this is great, but it could go away. I've gotta make another good album. How do you make a good album?'"



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## CHRISTMAS

## Lohan misses UK town's light up

Lindsay Lohan has apologized to an English town for failing to keep a date to switch on its Christmas lights.

The actress posted a video on Twitter saying she couldn't attend Thursday's event in Kettering because of "my busy schedule."

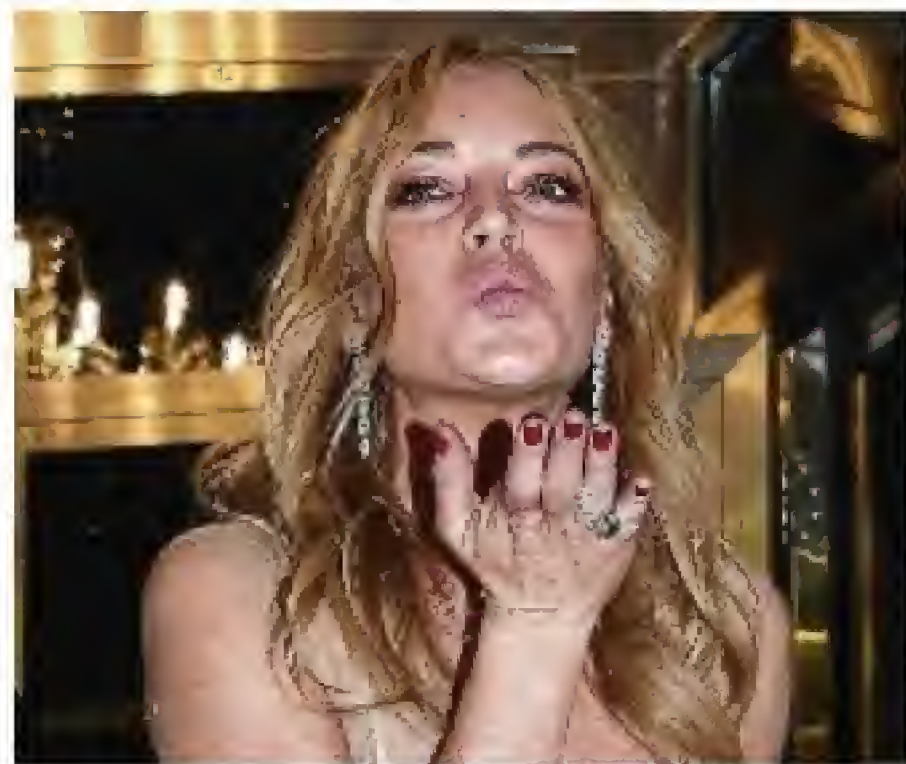
Lohan's link to the town 80 miles (130 km) north of London began June 23, the night of Britain's European Union membership referendum. In a series of tweets about the

vote across Britain, she posted: "Sorry but Kettering where are you?"

The incident prompted local lawmaker Philip Hollobone to invite Lohan to switch on Kettering's festive lights.

Kettering Borough Council chief David Cook said local authorities "appreciate how hard she and her team tried to make this work and we were delighted to get a video message wishing us well."

THE ASSOCIATED PRESS



Lindsay Lohan. THE ASSOCIATED PRESS



**MARIJUANA POSSESSION MADONNA STANDS BY SON ROCCO RITCHIE AFTER REPORTED ARREST** Madonna says she is supporting son Rocco Ritchie after reports surfaced Wednesday that the 16-year-old was arrested for possession of marijuana in London. Madonna released a statement to The Associated Press Wednesday calling the September arrest "a family matter." She said: "I love my son very much. I will do whatever I can to give him the support that he needs, and I ask that you respect our privacy at this time." ELSON CHAGARA/ELSON CHAGARA/THE ASSOCIATED PRESS FILE/GETTY IMAGES

## Evidence tests to start in Making a Murderer case

## NETFLIX SERIES

### Multi-part documentary studies death of Halbach

The lawyer for a Wisconsin man convicted in a case profiled in the Making a Murderer Netflix series says an agreement to start independent

scientific testing on several critical pieces of evidence has been signed.

USA Today Network-Wisconsin reports the agreement was filed Wednesday with Angela Sutmewicz, the special judge appointed to oversee Steven Avery's appeal. It comes nearly three months after Avery's lawyer, Kathleen Zellner, pledged she had a plan to overturn his 2007 conviction.

Zellner said it's encouraging

that the attorney general's office was "helpful in expediting these tests."

Avery was sentenced to life in prison after being convicted of first-degree intentional homicide in the 2005 death of 25-year-old photographer Teresa Halbach in Manitowoc County.

Evidence to be tested includes a vial of blood said to be a sample of Avery's blood from 1996, a spare key for

Halbach's sport utility vehicle found in Avery's bedroom by sheriff's deputies, and the swab from the hood latch of Halbach's vehicle that later generated a DNA profile for Avery.

Zellner has said she wants to determine if the hood latch DNA swab was fabricated from other known DNA samples that law enforcement officers had in their possession.

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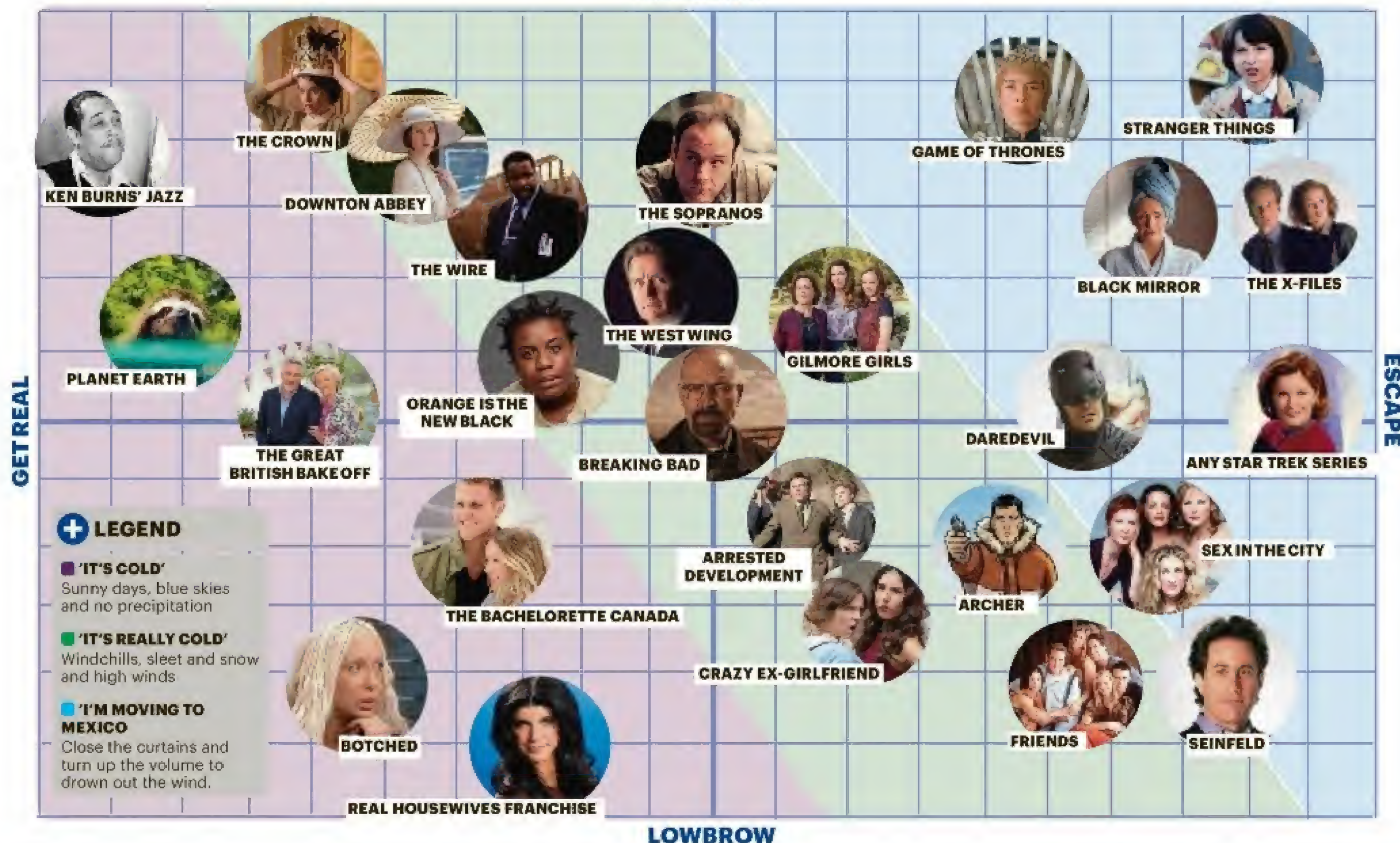
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While the U.S. is in the midst of celebrating its Thanksgiving weekend, Canadians are prepping for an equally important national event — the start of **binge-watching season**. The nights are longer, the weekends are colder, and there is nothing better than curling up on the sofa under a warm blanket. (Hey, Netflix got the memo, deciding to release four new episodes of the much-loved *Gilmore Girls* this weekend.) Not sure what shows to check out? **Metro canvassed its newsroom for suggestions for all discerning tastes — and weather conditions.** Here is our guide to help you survive the next six months. **METRO CANADA**

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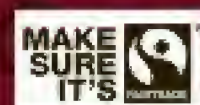


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# Netflix fights Canadian regulations



Sarah Gadon will star as Grace Marks in the *Alias Grace* miniseries from Netflix, part of the company's original programming produced in Canada. THE CANADIAN PRESS/ARTHUR MOLA/INVISION/AP

## BROADCASTING ACT

### Streaming firm insists it makes a 'substantial' investment here

Netflix makes "substantial" investments in film and TV productions in Canada and should not face regulation, argues the streaming company in a submission to Canadian Heritage's public consultation on homegrown content in a digital world.

The submission, filed Thursday, comes two years after Netflix suggested to the Canadian Radio-television and Telecommunications Commission that its service did not fall under the Broadcasting Act since it is not a conventional broadcaster.

"We want to continue to invest in content in Canada in the way we have, which means continuing to spend money but not under a system that's similar to the Canadian broadcasters, where there's regulation and paying into the (Canada Media Fund)," Elizabeth Bradley, vice president of content at Netflix, said in a phone interview.

"We've been doing significant investments on our own and will continue and honestly (it) will only grow significantly over the next couple of years. But regulation is not helping to encourage that for us."

If Netflix was under the act it would be required to make certain financial commitments to Canadian content, which some producers feel it should.

"They're coasting off the system that existed before and the one thing that's certain is that you can't support a system where half of the system is required to contribute and half the system is not," said Denis McGrath, a Toronto TV writer and producer who also filed a submission during the consultation process.

"They'll do several of their original shows but at the same time, most of what's driving that content library is stuff that was made under the old system. And a lot of the networks in the States are struggling with, 'This is our competition now and they are eating our lunch and making it harder for us.'"

Still, other producers back Netflix, noting its investments in Canada have helped boost the quality and reach of content here.

"Our partnership with Netflix on both *Alias Grace* and *Anne* has allowed two remarkable Canadian adaptations to be realized with higher budgets than would otherwise have been possible," Sally Catto, of CBC Television, said in a statement.

Anne is an upcoming retelling of *Anne of Green Gables* and will screen simultaneously on CBC-TV in Canada and on Netflix internationally. The upcoming *Alias Grace* miniseries based on the Margaret Atwood novel and written by Sarah Polley will also be broadcast on CBC and stream on Netflix elsewhere.

"For me with *Alias Grace* — and I know I speak for Sarah Polley as well — it's been a great relationship," said producer Noreen Halpern. "This is not a small show. It's a show that, to be done properly, needed a significant budget and we found a great partner in Netflix."

Netflix says in 2016 alone it's commissioned hundreds of millions of dollars of original programming produced in Canada. It's also made "dozens of commitments in 2016 for Netflix original movies and TV series that will be produced in Canada."

THE CANADIAN PRESS

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# Canadian Pokemon champion offers tips to turn newbies into top trainers

## GAMING

### Know your enemy and pay attention to your stats

The success of Pokemon Go turned casual gamers on to the monster hunting craze, and some may be interested in making the jump to the big time. With the recent release of Pokemon Sun and Pokemon Moon on the Nintendo 3DS, Calgary native and 2015 North American champion Bennett Piercy has some pointers for newbies.

#### Know your enemy

Sure, your Tortocat may have burned his way through the opposition, but throw him out against a water-breathing Wartortle and you are just asking for trouble. It's imperative to know what type of Pokemon you are fighting and counter it accordingly. Some strategies

are obvious, like sending a water-based critter against a fire-based opponent, but some strategies might surprise you.

"Some of the strategies are obscure, like a psychic type is good against a poison type," Piercy said. "You probably wouldn't have guessed that."

#### Stats Matter

When your Pokemon is victorious, it gains some of the attributes for a defeated Pokemon. If you pay attention to what kind of stats you gain after downing a certain foe, you can figure out who to fight to build the Pokemon you want.

#### Get on the net

Making friends with other Pokemon enthusiasts has benefits beyond arguing whether Mewtwo is cooler than Arceus. Piercy says playing head-to-head online against friends is a great way to practise and experiment with your roster. And for those interested in competitive play, registering with the Pokemon Trainer Club will give

you access to an event locator that shows you where tournaments are taking place around the world.

#### Move master

Each Pokemon comes equipped with an impressive array of abilities, but you can teach them new moves as you progress through the game. Some moves will become available as a Pokemon levels, but you can also find new abilities while exploring.

"Sometimes the moves they have when you catch them at first aren't as good as the moves you can teach them," Piercy says.

#### Variety is the spice of training

With about 800 known Pokemon to date, the number of options for building a winning roster might seem overwhelming. Piercy says it's important to practice with ones you like, and build a varied team.

"Catch a whole bunch of Pokemon, see which ones are



With the recent release of Pokemon Sun and Pokemon Moon on the Nintendo 3DS, Calgary native and 2015 North American champion Bennett Piercy has some pointers for new players.

OLIVER SACHGAU/TORSTAR NEWS SERVICE

interesting and which ones have different types so you have a lot of variety," Piercy says. "That will help you beat

a lot of Pokemon."

For the record, Piercy says his favourite Pokemon is Nidoqueen, a ground- and

poison-based Pokemon that helped him down his foes en route to the North American championship.

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# We're back in one-liner wonderland

## BINGE DIALOGUE

### Two Gilmore Girls diehards get a giddy rush as show returns

**Nick Patch and Katrina Clarke**  
For Torstar News Service

*Spoiler alert! Reveals plot points from the first episode of Gilmore Girls: A Year in the Life.*

After nine long, long years without its hyperspeed banter, Gilmore Girls is back — and it seems Lorelai and Rory missed each other as much as we missed them.

And oh, how we missed them: the two of us are bona fide Gilmore fanatics who never quite got over the fact that the show's 154-episode run ended without mastermind creator Amy Sherman-Palladino and the final four words she supposedly had in mind for its conclusion.

So, with news that Sherman-Palladino was reviving the dramedy for four 90-minute instalments — out Friday on Netflix — it was clear we had to chug through the new episodes like a pot of Luke's coffee and exchange our real-time reactions after each one.

Here is our first "binge dialogue."

**Nick Patch:** For me, Gilmore Girls is always at its most winsome in winter, so it was fitting that the show ended its hibernation with shots of our



Rory and Lorelai Gilmore are back and even after nine years away, the dynamic duo trade quips at the same rapid rate. SUPPLIED

beloved Stars Hollow in snow-globe mode. There was definitely a rush of giddy nostalgia as all those sorely missed town eccentrics strutted back onscreen, from Lane to Michel to my personal favourite, Taylor Doose.

Of course, nothing topped seeing the dynamic duo trade their first flurry of quips over coffee, with Rory eventually winking: "Haven't done that in a while."

Nice as it was to see them reunited, I'm ashamed to admit that not only did I take a while to readapt to the accelerated chatter, I even had to rewind a couple conversations.

How did you feel finally

seeing Gilmore Girls back, Katrina?

**Katrina Clarke:** Dare I say it, this revival has completely won me over. I laughed, I cried, I actually jumped up and shouted "What?!" at one unexpected scene.

I was so worried Rory and Lorelai's relationship and banter was going to feel forced and phony after all these years, but they seemed just as they always have been: warm, whip-smart and charming.

For me, Emily (Kelly Bishop) stole the show in this episode. She was so raw, grieving Richard's death, and then so vicious, lashing out at Lorelai after she shared a rambling,

heartless story about her father. The scene was hard to watch, but it injected a much-needed dose of pain into a show where real-life problems never seemed big enough.

What was your favourite part, Nick?

**NP:** I was also blown away by that argument between Emily and Lorelai, which spun believably off the rails from a relatively small incident, the same way intractable fights often do in real life.

But you keyed in on a wonderfully organic moment, so I'll go broad: I loved seeing Paris, now the "Pablo Escobar of the fertility world," cutting an acidic swath through the

episode, even if her introduction seemed a little too convenient. It's tempting to say she still gets all the best quips, but these 90 minutes were a one-liner wonderland, so how do you decide?

It seems like we both loved it, but was there anything you didn't like?

**KC:** Indeed, Rory's forgettable boyfriend, Paul? Come on. We're supposed to believe Rory — oh, she of many boyfriends — would stay with a guy she doesn't even like for two years? He's the comic relief where comic relief isn't needed. I was wondering if she was cheating on him. This brings us to Logan. Seeing

## EPISODE ONE

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**Katrina's rating:** 4/4

**Nick's rating:** 3/4

him prompted my scream of disbelief. I've never been a Logan fan and I'm still holding out for a Jess reunion. Are there any plotlines you're having trouble accepting?

**NP:** Aside from Emily Gilmore in jeans? As far as plot issues that are itching at me, I think Lane would be up to more than jamming with her high-school band; Doyle wouldn't have found \$200 jeans that fit and Lorelai would really love congee if she gave it a chance.

I don't know about you, but I was worried the revival would be disappointing. After one episode, are you hooked again?

**KC:** The Gilmore magic is still there. I'm relieved and totally hooked!

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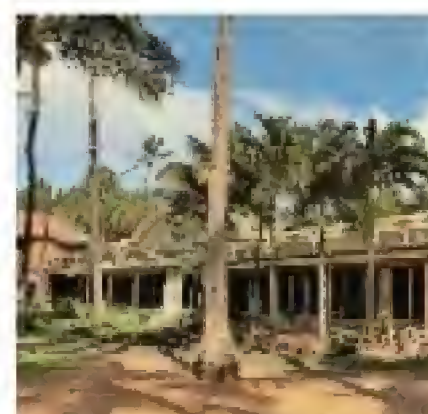
### 1 Highway to Hana

This highway to heaven offers breathtaking coastal views, waterfalls galore, bamboo forests, sweeping landscapes and terrain so lush, it'll have you thinking the grass (and foliage) is definitely greener in Maui. Rent a car and start your drive from the Residence Inn to Hana Highway. Take the coastal road way past Hana to feast on various eye candy throughout the drive. Stop for a dip in a waterfall and grab a locally sourced coffee from the cute Ono Cafe. **Details:** [roadtohana.com](http://roadtohana.com)



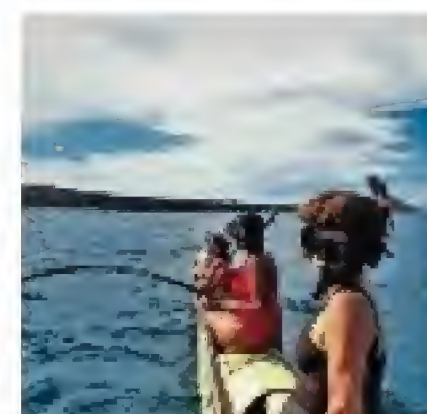
### 2 The summit of all parts

In the early '60s, NASA brought moon-suited astronauts to the Haleakala Crater to practise what it would be like to "walk on the moon." So, for this otherworldly experience, go up to the summit of Haleakala at 3,048 metres. Most folks head here for sunrise, but it's equally stunning at sunset. Bring your woolies, it's freezing at the top and you'll definitely want to walk around to capture the perfect sunset shot. **Details:** [gohawaii.com](http://gohawaii.com)



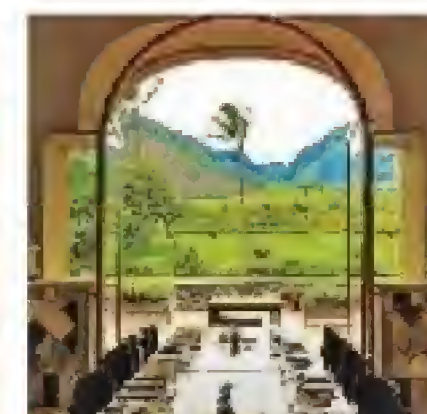
### 3 Mama knows best

Mama's Fish House Restaurant & Inn is legendary, and for good reason. Opening in 1973, it serves seafood caught daily, along with produce harvested daily. It's pricey, but very worth it. Its signature dish, mahimahi stuffed with king crab, is signature for a reason. At \$58 U.S. for the meal, it'll set your wallet back but your belly forward. **Details:** [mamasfishhouse.com](http://mamasfishhouse.com)



### 4 Paddle the Pacific

The canoe outrigger is unique to Hawaii. Native Hawaiians and Polynesians built canoe outriggers traditionally out of one piece of wood, centuries ago, to traverse the islands and migrate from other regions to the Pacific islands. Book a tour with Hawaiian Paddle Sports, which begins its tours with an "oli," a Hawaiian spiritual chant, followed by a quick tutorial about how to paddle. **Details:** [hawaiianpaddlesports.com](http://hawaiianpaddlesports.com)



### 5 Anything but run of the Mill

If you like your food fresh, tasty and with a killer view, head to the Mill House Restaurant. Its chefs use ingredients plucked from within the plantation grounds, as well as from selected farms and suppliers. Award-winning executive chef Jeff Scheer knows a thing or two about delighting your tastebuds. If the mains don't do it for you, stick around for the pavlova or flourless chocolate cake. **Details:** [mauitropicalplantation.com](http://mauitropicalplantation.com)

#### WATER ACTIVITIES

## Mermaid school offers lessons beyond losing land legs

**Charmaine Noronha**  
For Torstar News Service

"Pick a tail, any tail you'd like," says Lila Jones, pointing to an oversized bag filled with shiny, colourful mermaid tails lounging on the creamy, butter-scented sand of Makena beach.

I feel like I've stepped up to a beach-based game booth where my prize is my being transformed into a sea goddess. I choose the aqua blue baby and shimmy into the snugly fitting, uh, mermaid tail.

"Damn you delicious mai tais," I think in a post-last-night moment of regret since the tight tail leaves nothing to the imagination. Except, of course, imagining myself as a sea creature.

Jones, a marine biologist and our mermaid instructor, tells the other mermaids-in-training in my group to fasten the velcro strap inside the tail around our feet.



Writer Charmaine Noronha becoming one with her mermaid tail on the beaches of Maui. TIMOTHY LARA

"It's going to be weird at first since you're used to using both legs," says Jones. "You'll have to think like a mermaid, use your whole body to move."

Yes, right, of course! Think like a mermaid. Lesson No. 1 in Mermaid School: Think like a mermaid. Lesson No. 2: Move like a mermaid. Lesson No. 3: Try not to fall immediately after fusing your legs together. Lesson No. 4: Everybody falls

sometime.

Since I've spent most of my land-locked life not necessarily thinking like a mermaid, thinking with sea legs isn't necessarily intuitive.

"Come to the sand and wiggle around," says Jones.

Sure, no prob, I got this, I think. Operative word being think. I worm my way off the rock onto the sand and ungracefully perfect the crab

**I worm my way off the rock onto the sand and ungracefully perfect the crab crawl as I wriggle backwards toward the ocean. It quickly becomes rather fun to embody another being.**

crawl as I wriggle backwards toward the ocean. It quickly becomes rather fun to embody another being.

"Move slowly into the water because it's a different feeling with a mermaid tail. When you kick, make a nice swiggle with your body. Relax your feet for an easy up-and-down motion," says Jones.

"Like doing the worm?" I proudly ask, showing my age to the others with my '80s breakdance-move reference.

"Yes, like the worm," confirms Jones.

And with that, I slither into the Pacific Ocean. The warm water washes over me, as does a smile.

Jones started Hawaii Mermaid Adventures with Hawaiian Paddle Sports. Jones says her goal has been to teach others mermaid folklore, but more importantly, about marine protection, while having fun. She doesn't disappoint.

"Let me tell you a story," says Jones as we move about above the water. "Mermaids in ancient Greece were one with the ocean, they loved animals and wanted to protect them. When the sailors over fished and killed whales, the mermaids sang to the sailors, who would be drawn to them.

The mermaids would lure ships onto the rocks and let them be destroyed. And now

we're today's protectors of the ocean."

Jones, who collects garbage on the beach and in the ocean before and during the tour, goes on to explain the importance of preventing plastic products from entering bodies of water. Plastic breaks down into tiny particles but doesn't decompose; it ends up being consumed by tiny fish, who think it's food, and then by larger species who eat small fish.

Jones also stresses using sunscreen containing zinc oxide instead of oxybenzone, a chemical inhibitor that blocks coral from accessing sunlight when it seeps into the water. We also learn Hawaii has recently been designated one of the largest marine protected areas in the world. Huzzah! That makes this pseudo-mermaid happy.

Charmaine Noronha was hosted by Residence Inn Maui Wailea and its partners, which didn't review or approve this story.



# Day tripping in Tijuana, Mexico

24 HOURS

## Donald Trump piñatas are just the beginning

Jennifer Bain  
For Torstar News Service

If you're heading to southern California, make time for a day-trip to Tijuana and go beyond the tourist traps with food, drink and border experiences.

It's a 35-minute, 12-stop trolley ride from downtown San Diego, Calif., to the Mexican border. Minutes later, depending on the border lineups, you're in the land of zonkeys, Donald Trump piñatas and Caesar salads, experiencing craft beer in a parking garage, a market right out of central casting, and a food truck park that screams Portland.

Pretty wild.

Tourists are starting to return to Tijuana.

See, this city had once been a cheap tourist mecca — some say the original Vegas — until a rash of drug trade-fuelled murders in the late 2000s scared people away. Word spread that Tijuana was dirty, gross, unsafe and not worth the hassle once everyone needed passports.

Derrick Chinn, an American journalist turned Tijuana tour operator, is helping change people's minds about the Baja California region of Mexico. He created Turista Libre ("free tourists") about six years ago to help "liberated tourists explore a city that was built to be a tourist trap."

I spent a day with him and four southern-California area women. They hadn't been to "TJ" in years and their husbands have been apprehensive. One, a hospital radiology worker, figured hooking up with Turista Libre would ease everyone's concerns.



While no trip to Tijuana is complete without a photo opp with a zonkey, this city offers a variety of experiences beyond the standard tourist fare. DERRICK CHINN

Chinn met us at the San Ysidro trolley station in the U.S., walked us over the border (the busiest one in the western hemisphere) and whisked us on to his "chariot of the people," a former U.S. school bus, with driver Pilar Monterosas. (The trolley, by the way, is part of a fast, efficient, light-rail system.)

He insists on walking people over the border instead of driving them. "Some people see it as an inconvenience. I think walking out of one country and into another is part of the experience."

After setting us straight on the city's name — it's Tijuana not Ti-a-juana — Chinn gave us a "grab bag" of suggestions and let us set the agenda.

We explored Mercado Hidalgo first, sampling tamales, fresh

cheese, spiced mango candies and chicharrones at the chaotic collection of 80-odd shops, giggling at Donald Trump piñatas and donkey milk soap and buying papalote de cuerda (string kites).

Then we headed to the famous Avenida Revolución tourist strip to make a pilgrimage to what's billed as the birthplace of the Caesar salad. Italian immigrant Caesar Cardini opened Caesar's restaurant in the 1920s during prohibition and introduced the salad a few years later. Had it been inspired by something in Italy? Nobody knows for sure.

The iconic salad is made table-side. We watched a server make the dressing in a large wooden bowl, mixing ground anchovies, Dijon, minced garlic, Worces-

tershire sauce, freshly ground black pepper, a briefly coddled egg yolk, olive oil and parmesan, and then drizzle it over whole romaine leaves, which apparently hold their flavour better than chopped ones.

"Three pieces of romaine lettuce and you hear angels singing," enthused Colleen Frazier.

Steps from Avenida Revolución we wandered into the fifth floor of a parking garage and had a flight of craft beer in Norte Brewing Co. The beers have cheeky names, like Escort, 4Play and Penthouse because the space used to be a strip club, and there's a great, thoroughly urban, view of the U.S.

"Tijuana and especially north Mexican cities are cities of experiences, not so much histor-

ical sites or monuments," Chinn explained. "Here it's about sampling things and trying things and experiencing things."

You must experience a Tijuana zonkey. It's a cheesy tourist tradition to pose for a photo with a zonkey by sitting on a Wild West-style wagon wearing silly sombreros and holding mock shotguns. We found one of Tijuana's nine remaining zonkeys — Monica — across from Caesar's.

After, Chinn took us to the coast to see the surreal United States/Mexico border fence in the Playas de Tijuana neighbourhood. The galvanized metal fence is about 5.5 metres high and juts 90 metres into the Pacific Ocean.

"This is one of my favourite spots in the city despite the heavy vibe," said Chinn.

### IF YOU GO

**Turista Libre** ([turistalibre.com](http://turistalibre.com)) has an array of public treks you can join in Tijuana for \$30 to \$65 (U.S.), as well as private tours that start at \$100 (U.S.) per person for groups of two to 10, depending on the itinerary.

We hear about Children's Day, the annual day when an area of the fence is opened so a few people can embrace family members who live in the U.S. At Friendship Park, families who don't have the right papers to cross the border properly can visit through the fence during set hours every weekend.

We ponder this over tamarind paletas (popsicles) and head downtown to Telefonica Gastro Park.

The permanent food truck park is filled with young chefs making everything from tacos and ramen to espresso and sausage sandwiches. It draws everyone from politicians and locals to tourists. It has been a long time since "true Americans" have come to Tijuana, said director Antonio Gamboa and general manager Enrique Jimenez Valdez, whose family has long owned the land. "To us, Telefonica is a place to be proud of here in Tijuana."

To Chinn, who lives in Tijuana, the city's old tourism model of raunchy times and cheap shopping is dead. He is keen for the underrated city to move forward, especially by promoting its food and drink.

His tours are "like training wheels for Tijuana." His hope is that people who open their eyes and hearts to a city like Tijuana will take the idea "everywhere."

Jennifer Bain was hosted by the San Diego Tourism Authority, which didn't review or approve this story.

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# The real Friday Night Lights



Players acknowledge a roaring crowd following a victory in Lubbock, Texas. The West Texas community's fervour and focus on the family reveals itself at a high school football game between the Monterey High School Plainsmen and Randall Raiders of Armarillo. LIZ BEDDALL/FOR TORSTAR NEWS SERVICE

## AMERICA

### In Texas, high-school football is a way of life

**Liz Beddall**  
For Torstar News Service

It's evening and the hazy remnants of a lightning storm have melted the sky above Lowrey Field down to a cotton candy flush. The rafters of the high school football stadium, with its 8,500-person seating capacity, are visibly shaking with each play as the Monterey High School Plainsmen take on the Randall Raiders of Armarillo.

Welcome to the bargain model of a Texas Tech University foot-

ball match: spectacles of athleticism and fanaticism which keep thousands of tourists flocking to Lubbock on a yearly basis. But with a hefty audience and collective which would rival any Canadian university's grandest sporting event, these \$10 high school events are not simply a microcosm of their post-secondary counterparts—they're a worthy opponent.

Here on Lowrey Field, the home team's crew alone includes an orchestra of 120, a dance team, a cheerleading squad, flag-bearers, a bell crew charged with keeping the crowd screaming, plus an ever-moving supply of medics, security guards, local press, equipment managers and coaches flanking the 50-player-strong football team.

And while it's hard to hear attendee Michelle Lee over blaring trumpets and the vocal explo-

sions of the crowd, she insists that this, the third match-up of the season is, "a pretty quiet game."

"Football down here starts when the kids are six years old," says Lee, who has come out to support her 17-year-old daughter Tatum, a member of Monterey High School's Pom Dance team. "And from the get-go it's not the mentality of 'give a participatory trophy to every kid.' The passion behind the parents, the attendance at every single practice, the screaming at coaches... It's intense."

Lee is quick to point out that her upbringing bears a disconnection from this stadium's boisterous scene.

Raised in Regina, Sask., Lee found herself in Lubbock after the recession of the early 1980s. On the advice of a nursing magazine, the then-22-year-old sold

her car and took a nine-seater plane out of North Dakota to Lubbock—known both then and now for its cotton industry, conservative values, raising rock 'n' roll legend Buddy Holly and now for its honourable mention in the recent Western heist thriller *Hell or High Water* starring Jeff Bridges, Chris Pine and Ben Foster.

Twenty years after her move, Lee brandishes both a Texan accent and a T-shirt that reads "Pom Mom." She along with her husband and three grown children are fully immersed in the tight-knit community and embraces both its quirks and qualities—along with the stubborn fervour and competitive spirit that make this West Texas community beat.

"Regina has the same set up as Lubbock—a ring road, east and west. Same population," says Lee. "But there's a focus on the

family that really sticks out. And in Lubbock, whether it's with an involved sport or anything that's in the school system or church, it's a family affair and it's extremely involved."

A passion that makes it not uncommon for locals to travel hours to attend games in other towns. Last year the Plainsmen parents rented a Greyhound to travel five hours to a game in El Paso on the border with Mexico.

"Texans are very proud people," adds Lee. "Even apart from their patriotism to the U.S. they'll usually tell you 'I'm Texan first.'"

With three minutes left in the game, player Jaron Jones is escorted off the field with a serious leg injury, inspiring the team to gather in kneeled prayer. Grandfathers sporting cowboy hats mutter their concerns for the future of the team. The sky

## + IF YOU GO

Lowrey Field's high school football games are open to the public, with a \$10 U.S. admission fee. Go to the Lubbock Independent School District website for game times and schedules.

has gone from pink to black.

When at last the Plainsmen win 27-8, Lowrey field erupts in unified song. Everyone, including recent inductees to the local experience, can't help but add to the noise. "We salute you, Monterey. May you win in every fray. Fighting Plainsmen ever true. We will always follow you."

Liz Beddall was hosted by Visit Lubbock, Convention & Visitors Bureau, which did not review or approve this story.

## TRAVEL NOTES DISNEY EXPANDS, BANFF'S IT-DESTINATION STATUS AND LITTLE LOVE FOR SCARECROW

### Hong Kong Disney gets \$1.4B U.S. expansion

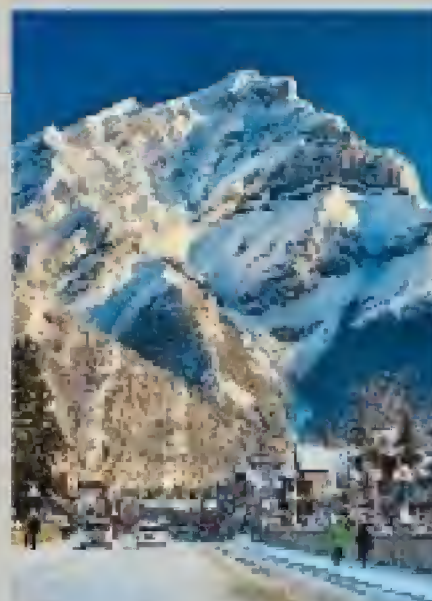
The Walt Disney Co. and Hong Kong are launching a \$1.4 billion U.S. expansion of the city's Disneyland resort that includes the company's first themed areas based on the movie *Frozen* and Marvel characters. The agreement calls for renovating the park's castle and adding an attraction based on *Moana*. Hong Kong is striving to improve its competitiveness as an Asian tourism destination following the June launch of Shanghai Disneyland. THE ASSOCIATED PRESS



THE ASSOCIATED PRESS FILE

### Banff National Park gets a Nat Geo nod

One of Canada's most popular national parks is getting more positive publicity. National Geographic Traveler magazine has named Banff National Park in Alberta as one of the best destinations in the world to visit next year. The magazine likes Banff so much it put a picture of iconic Moraine Lake in the park on the cover of its Best of the World issue. The Rocky Mountain park is the only Canadian destination included on the list. THE CANADIAN PRESS



TRAVEL ALBERTA

### Scarecrow costume fundraiser falls short

Donors flocked like flying monkeys to the Smithsonian's crowd-funding campaign to preserve a pair of ruby slippers from *The Wizard of Oz*. But they weren't as generous when it comes to maintaining the Scarecrow costume. A Kickstarter campaign raised \$349,000 U.S., which will go to the slippers. The National Museum of American History sought another \$85,000 to preserve the Scarecrow costume, but that goal fell short. THE ASSOCIATED PRESS



HANDOUT



# Coal baron's castle now a destination

VICTORIA

## Grand space built to show off owner's vast wealth

The grey, cool mist of an autumn morning briefly hides the full glory of the castle on the hill.

But the fog soon gives way to bright sunshine, and light shining on stained-glass windows spreads a kaleidoscope of colours across a decked-out 19th century dining room table.

A step inside Craigdarroch Castle is a walk back into history, when a mighty coal baron built a monument on a rocky outcrop overlooking the city of Victoria to announce his stature and prominence as one of the richest men in Western Canada.

Scottish immigrant Robert Dunsmuir never did get to live in his industrialist showpiece home. He died in 1889, months before construction was completed in 1890.

Dunsmuir's estate, valued at about \$20 million U.S. just before his death, left everything to



**Craigdarroch Castle was built as a home and completed in 1890 for coal baron Robert Dunsmuir. Tragically Robert passed away before its completion so his wife Joan, three daughters and two orphaned children lived on the 28-acre estate. iStock**

his wife, Joan, who moved into the castle with three daughters and two grandchildren — and an army of servants and staff to tend to their beck and call.

Joan Dunsmuir lived at Craig-

darroch (which means rocky, oak place in Gaelic) until her death in 1908.

The four-storey, 39-room grey brick edifice, with its steep red slate roof, towering peak and

seven chimneys, is a national historic site. The Victorian mansion is open to daily tours and is approaching almost 150,000 visitors this year.

President John Hughes of the

**39**  
Number of rooms in Craigdarroch. There are 17 fireplaces in the four-storey home that 150,000 people now visit annually.

not-for-profit Craigdarroch Historical Museum Society seemingly knows everything about the castle, including some of its deep secrets.

Hughes said during a recent tour that the castle was built as a showcase of Dunsmuir's immense wealth.

The interior's white oak panelling, including the stairs, windows and doors, were prefabricated and shipped from Chicago on five rail cars. The red slate for the roof came from Vermont, and the Hawaiian koa inlays in the drawing room floor are among the castle's exotic wood finishes that include walnut, rosewood, maple, holly and oak.

Hughes points to a huge black wooden chair near the main entrance as an example of the overt displays of wealth, saying the chair cost \$200 in the 1890s

while homes in Victoria were ranging between \$300 and \$600.

Of the castle's 17 fireplaces, mostly coal burning, the huge sandstone hearth and mantel is the most impressive. Engraved in the stone across the mantel is: "Welcome ever smiles and farewell goes out sighing," from the William Shakespeare play "Troilus and Cressida."

Mounted elk, goat and deer heads are throughout the castle, another sign of wealth for the times, said Hughes, as is the massive English billiards table on the fourth floor.

Hughes said people frequently ask if the castle is haunted, which he quickly denies, but he admits to some strange goings-on.

About 15 years ago, during a movie shoot for a film starring Oscar winner Ben Kingsley called Spooky House, a black panther being used in the film had a major accident in the castle, said Hughes.

"It just decided to let this big stream of urine out and it got into the wood," he said. "On warm summer days, and we have a few of those here, you can often get that little bit of whiff." THE CANADIAN PRESS

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# Reduce the risk of injury from texting and gaming

Did you know Canadians send an average of 250 million texts per day? Along with the convenience technology provides comes the need to minimize the risk of injury — and this is especially true for young people who likely make up a large percentage of texts sent.

With the ever increasing daily use of mobile devices such as smartphones, tablets and handheld games, chiropractors are seeing an increase in corresponding repetitive strain injuries (RSIs), known by informal names like text neck, according to Edmonton area chiropractor Dr. Brian Gushaty.

“RSIs are injuries of the musculoskeletal and nervous systems that are often caused by repetitive tasks, forceful exertions, vibrations, mechanical compression (pressing against hard surfaces), or sustained or awkward positions,” he says.

“Text neck presents as rounded shoulders and the head hanging forward and down and is caused by poor posture from hunching over a mobile device for long per-

iods of time. This prolonged poor posture is often associated with chronic headaches and shoulder and neck pain and can have long term impact.”

Young people are especially at risk because they are heavy users of smartphones and handheld gaming devices. Text neck and neck strain can cause postural abnormalities and changing growth patterns, especially in the upper spine.

“Technology isn’t going anywhere, so how can we help our children minimize the risks? Since text neck is a postural abnormality, the key is to stress the importance of strong posture and how to achieve it.”

## How to avoid text neck

Dr. Gushaty has some tips for youth to avoid text neck.

1. Sit up straight with chest out and shoulders back.
2. Bring your arms up to eye level so you don’t have to look down to see the screen.



ISTOCK

3. If you must look down, tuck your chin into your neck instead of hanging your head forward.

4. If you use your mobile device for extensive typing, consider investing in an

external keyboard.

5. And finally, children should take breaks from mobile devices.

For more information and to find a chiropractor near you, visit [albertachiro.com](http://albertachiro.com).

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# UNIQUE NEW EYE SURGERY IS NOW AVAILABLE AT GIMBEL

There is a new, minimally invasive alternative to LASIK eye surgery available at the Gimbel Eye Centre that is a great option for patients between the ages of 18 to 45 years old.

The EVO lens is now approved for surgery in Canada, and Calgary's Gimbel Eye Centre is one of the first to be providing this unique new option, according to Gimbel Eye Centre chief operating officer Gregg Becker.

"This is great news for patients who want to enjoy the benefits of vision correction without the concerns that more traditional laser surgery can sometimes carry," he says, adding the procedure has been used in over 500,000 surgeries across the world. "This procedure does not remove any tissue, is fully removable, and it is a fast procedure to not only perform but also heal from. The procedure does not induce dry eye syndrome and allows for excellent night vision."

The EVO lens is a great natural complement for eyes because no tissue is removed. This process is especially benefi-



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cial for patients whose thin cornea or high prescriptions may not have allowed them to be a good candidate for traditional laser procedures.

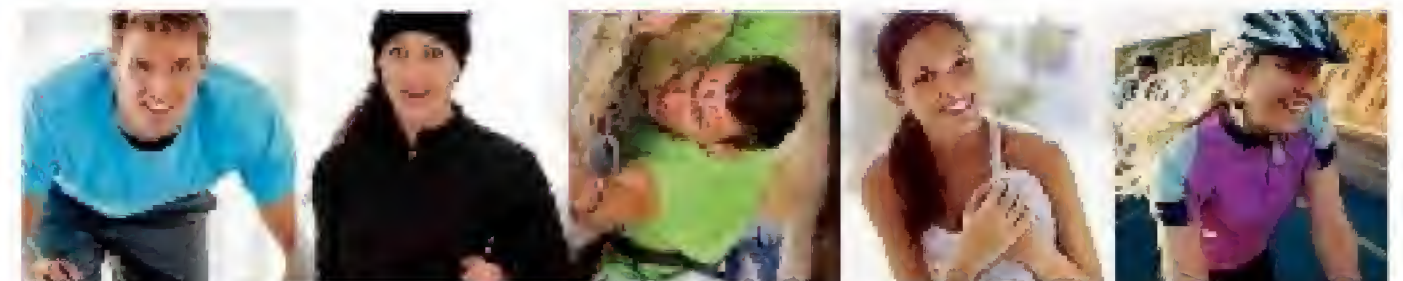
"We have many clients who have been waiting for the lens to be approved for use in Canada. Many have wanted to get rid of their glasses for years, but weren't comfortable with having their cornea surgically altered."

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# PREVENTING INJURY AT THE WORKPLACE STARTS WITH ERGONOMICS



ISTOCK

This may be a surprise, but 90 per cent of office workplace injuries are not caused by *what* work is being done, but *how* it is being done.

People are spending more time than ever in front of a computer, often in awkward positions, which puts people at risk of discomfort or a repetitive strain injury. Second to payroll, WCB contributions are often the next highest dollar expense, according to Jo Ackerman, Fusion Therapy Services Limited Occupational Therapist.

"By utilizing office ergonomics, which is the science that facilitates maximum productivity

and promotes long-term health and safety, these costs can be decreased over time."

Fusion Ergonomics offers a variety of services in the areas of prevention, early intervention, health and wellness days, education and purchase consulting. This may be done by one-to-one workstation evaluations, and/or informative group lunch and learn sessions.

"That way we are able to offer a truly comprehensive, varied and full ergonomic program, built to each organization's specific requirements," she says. "We assess each of our clients' workspaces for potential risks caused by

awkward posture and then make recommendations to promote neutral posture and prevent discomfort."

"Staff engagement surveys demonstrate employees highly value ergonomic evaluations with a belief that their employer shows concern for their well-being."

Fusion Ergonomics is an eclectic group of passionate professionals and the team includes licensed occupational therapists, physical therapists and registered massage therapists.

For more information, please visit [fusionergonomics.com](http://fusionergonomics.com).

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EARLY INTERVENTION  
PURCHASE CONSULTING  
HEALTH & WELLNESS

SYMPTOM CHECKLIST

- ☒ NECK & SHOULDER TENSION
- ☒ CARPAL TUNNEL SYNDROME
- ☒ ACHING BACK
- ☒ HAND & FOREARM DISCOMFORT
- ☒ ALL REPETITIVE STRAIN INJURIES



## A 'Better Sleep, Better Life'

Obstructive sleep apnea (OSA) is so common that one in four Canadians adults is at high risk for having the condition.

If left untreated, sleep apnea can result in a number of health problems, including high blood pressure, stroke, heart failure, diabetes and more.

Many people with sleep apnea snore, but not everyone who snores has the condition. Snoring can lead to not a restless sleep which often translates into poor daytime function (tiredness and sleepiness). About one-half of people who snore loudly have obstructive sleep apnea.

The Snore Centre's motto is 'Better Sleep, Better Life' and the first priority is that people receive the proper therapy.

There are several treatments that The Snore Centre focuses on for OSA, including Oral Appliance Therapy (OAT), which is a mouth piece device custom made by dentists to the specific shape of the patient's teeth and mouth. Often an oral appliance is a preferred treatment over other forms of therapy. It is considered the least invasive because it is



CONTRIBUTED

portable and small, and is both more comfortable and attractive to bed partners than the CPAP mask.

The Snore Centre offers free consultation, which allows the experts to understand more about sleep conditions. In most cases, a level III overnight home sleep test will be recommended. The Snore Centre has two Calgary locations with one in Quarry Park led by Dr. Nikola Vranjes and the Beacon Heights location led by Dr. Jagatjit Dhillon.

## Nutritious eating trends for 2017

If naked eating, bugs, and healthy party food make your mouth water, then 2017 may be an exciting year. Here Nema McGlynn, registered dietitian at Loblaws, shares her predictions for five nutritious eating trends.

**1. Alternative proteins:** "Although meat isn't going anywhere, plant protein sources like nuts, seeds, beans, and grains are playing a greater role in our usual cooking repertoire. Insect-based foods like cricket protein powder and mealworm are popping up in grocery stores and are gaining a following with adventurous eaters looking for more sustainable protein sources," says McGlynn. A recent survey suggests that global demand for alternative proteins is set to double by 2024.

**2. Back to basics:** Nutritional information and food labelling are hot-button topics, resulting in more people taking an interest in the value of what they're eating. More of us are looking for additive-free ingredient lists or simpler ingredient

decks. Programs like Guiding Stars make it easy to gauge the nutritional value of products and will continue to be popular among time-strapped shoppers who may not know how to interpret nutrition tables.

**3. Healthy entertaining:** Nutritious food is playing a greater role in the world of dinner parties and social occasions, but healthy entertaining will go beyond unabashedly serving nutritious meals to our guests. "Whether it's a post-workout snack with your running group or alcohol-free parties with other fitness-oriented friends, social eating is taking on a new face in this health-conscious era," says McGlynn.

**4. Mindful eating and eating with purpose:** Although we don't think Instagram culture is going anywhere, we're seeing greater attention paid not just to what people are eating, but how they're eating it. McGlynn predicts that slowing down during meal time, turning off Netflix, and really understanding our food and where it comes from will make us happier and healthier in 2017.

**5. Naked eating:** Raw and unprocessed foods look like they're going to be in vogue this year. We're seeing an upward trend in Google searches for the term "cold-pressed" and interest in foods like seaweed. It sounds like there's a lot of curiosity around cold-pressed juices, oils and coffee versus other juicing and oil extraction methods which heat up or blend the item.

-NEWS CANADA



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Snoring can be associated with Obstructive Sleep Apnea (OSA) which increases the risk of **stroke, diabetes & heart disease**

Over **1 in 4 Canadians (26%)** are at risk for having OSA



ISTOCK



# Your Black Friday shopping guide



## BARGAIN HUNTING

### Another year, another round of Canadian Black Friday shopping

Krista Sylvester

You don't have to live south of the border to get in on some of those killer deals, but it helps if you have a plan in place to

make the most of the shopping frenzy. Whether it's that big screen television, gaming system, leather boots or Christmas gifts for the family, it pays to do your research in advance to make sure you score those bargains. And don't forget, many sales extend until Cyber Monday, so it's not just the one day you have to prepare for — there is a whole weekend of sales to tempt you.

Here are our top three tips for having a successful Black Friday.

**1) Start early** — It's kind of like Boxing Day, so you need

to set the alarm early, have yourself some coffee and hit your favourite stores as they open their doors. Choose your top store first just in case you don't make it to the others. Make sure you know the parking situation ahead of time, so you're not wasting time finding a spot, or better yet, get dropped off or take transit.

**2) Plan ahead** — It's best if you already know what you want before hitting the stores and if you can, find out where in the store the items are located. If it's clothing or shoes, try them on ahead of time so

you know what size you need. Make a list and you'll be one step ahead.

**3) Set a budget** — Let's face it, things can get a little out of hand when you're shopping on one of the best sale days of the year. Set a spending limit, leave a bit of a buffer, but don't spend more than you can afford. Try to control impulse spending. You'll be happier in the end.

Also, don't forget to shop local if you can. It's good for the economy and you might score some unique gifts you can't find anywhere else, reminds Calgary by Bike author and lo-

cal blogger Michael Morrison.

"The best and easiest thing to do to help Calgary's economy is to shop local and right now the options are better than ever," he said. "There are a lot of cool independent shops all over the city and a lot of them have younger owners, with cooler items and they're open later."

Morrison says while you'll still need the Best Buys, Wal-marts and the Ikeas of the world to purchase big ticket items, there are some great shopping options in local communities, including:

- 1) Inglewood
- 2) Mission
- 3) Kensington
- 4) Marda Loop
- 5) 17th Avenue S.W.

Of course, you could always hit the big malls to get your one-stop shopping done as well with extended hours, including:

- 1) CrossIron Mills
- 2) Chinook Centre
- 3) Southcentre Mall
- 4) Market Mall
- 5) Sunridge Mall

And if this all sounds like too much work, you can take it online.

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# Add some goodwill to your epic bargain hunt

## SHOPPING ETIQUETTE

### Top tips for keeping your cool when the deals are hot

Camilla Cornell

Joining the crowds on Black Friday may be exhilarating, but most people wouldn't regard it as relaxing. With just four shopping weeks until Christmas, and a list to be stocked, you can be forgiven for feeling just a tad stressed out.

Still, before you get into a hair-pulling contest over the last Hatchimal or engage in a brawl over a parking space, read our primer on Black Friday shopping etiquette. The over-riding rule of thumb: as American humorist Will Cuppy once said, "Etiquette means behaving yourself a little better

than is absolutely essential."

Here's how to manage the mayhem with grace.

#### Get in the right mindset

"If you want to venture out for all the great bargains, leave your impatience, your bad attitude and your hot-headedness at home," said Louise Fox, owner of business and social etiquette advisor The Etiquette Ladies. Instead, "bring along your sense of humour, your consideration and your respect for others."

#### It's not a race, it's a marathon

Allow yourself plenty of time, advises Fox. "It's going to be hectic — that's a given. If you're in a rush for something and you have a limited amount of time, you could be setting yourself up for a really frustrating experience."

#### Parking lot rules

Whoever gets there first gets the space. Period. Letting some-

one out of the car to stand in front of the spot while you turn the car around and circle back is just not right, says Fox. Still, she adds, nothing is worth losing your temper over. "Last time I was at Costco, people were swearing at each other in the parking lot," she said. "That's just going to raise your blood pressure and it's not going to help." Take the high road and drive away to find another spot.

#### Don't jump the queue

Remember, everyone in line has their own reasons for wanting to get out of the store fast. Oh, and you on the cellphone — when you're nearing the front of the line, hang up and get ready to be served.

#### Treat the sales clerks with kindness

Most retail stores are owned by large international companies, and the person helping you find the right size is just one tiny cog in the wheel. "They're

not in charge of how many coupons are available or what's in stock," said Fox. "Be respectful and considerate to them. They have a difficult job and they're usually not paid very well." What's more, she says, if you're polite, you're likely to get better service. "Remember, your relationships with people are more important than the stuff you have to get."

#### Don't be a litterbug

Don't leave empty coffee cups, dirty Kleenex, potato chip bags or anything else around the store. Ask to use the garbage can behind the cash.

#### Spread sunshine all over the place

Rudeness — even in retaliation for rudeness — just doubles the amount of rudeness in the world. So, bite your tongue, and put on a happy face. After all, a smile, comedian Phyllis Diller was wont to say, "is a curve that sets everything straight."



Be polite to fellow queuers and sales staff, too. XINHUA/ZOU ZHENG

  
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# Black Friday, Cyber Monday are the new Boxing Day

## PEAK INTEREST

### E-tailers experience big surge of consumers

Camilla Cornell

Last year, a surprising trend emerged at Canadian online retailer Well.ca. Sales of the company's line of health, wellness, beauty and baby products (including toys, gift sets and stocking stuffers) on Black Friday and Cyber Monday surpassed Boxing day sales by 185 per cent.

"It seems to be getting bigger and bigger in Canada each year," said Erin Young, Well.ca's chief marketing and merchandising officer. "Every year we set our expectations quite high and the consumer blows past our expectations."

The same holds true for other e-tailers, according to an analysis by online shopping comparison website Shopbot.ca. At Amazon.ca, for example, the two biggest peaks in user's interest are the same year after year — Black Friday (3.9 million visits) and Boxing Day (4 million). And,



Black Friday and Cyber Monday campaigns are increasing consumer demand. ASSOCIATED PRESS

although prior to 2005, Best Buy's Boxing Day event was by far the most popular event of the year, its Black Friday event is now among its top three biggest sales events in Canada.

Young thinks the continuous growth is a factor of more Canadians shopping online gen-

erally, as well as with the fact that Canadian retailers have increasingly adopted the once-U.S.-centric shopping day.

"Three years ago, we launched a big campaign around Black Friday and Cyber Monday, but very few other Canadian online retailers did anything," she said. "But

this year, you see it everywhere. And when it's more present in the market, it drums up consumer demand."

She also says that, sales are occurring earlier in the week. "For us, Cyber Monday used to be the big day," she said. "But what we saw last year in particular is that

Black Friday was almost as big — Cyber Monday was only 5 per cent bigger. In previous years, Cyber Monday had been 30-plus per cent bigger."

Young says Canadian shoppers seemed to hold off on purchases in early November this year, perhaps in part because unseasonably warm weather meant "people weren't necessarily thinking about holiday shopping."

She also speculates that there may have been a bit of "depression" associated with the U.S. election as well. "The day after the election, people were just not shopping," she said. But for Well.ca, the shopping floodgates opened at the beginning of this week, building day by day.



**We see a massive uptick of customers around this time**

Erin Young of Well.ca

That's a common trend, according to Shopbot.ca's research. "When the concept of Black Friday first arrived in Canada back in 2008, it came with its estab-

lished opening time of 12:01 a.m. on Friday," according to Shopbot's report. "But with the ever growing popularity of Black Friday, the demand for earlier deals during longer periods has become mainstream. Just Amazon alone has gone from a three-day event in 2015 to host a full 12 days of Black Friday deals this year."

According to Shopbot, about one in five Canadians intend to spend more than \$350 this Black Friday, most commonly on electronics. And Canadians are most active hunting online for deals at 6 p.m. on Thursday, hours before Black Friday actually starts in-store.

Small wonder that seven out of 10 Canadian e-tailers start planning for next year's Black Friday/Cyber Monday event before this year's is even over. "We look at everything from the assortment — what are the brands that we want to promote and the deals we want to go after for our customers — and the flow of goods into the warehouses, to marketing," said Young. "After all, we see a massive uptick in new customers around this time of year." Treat them right, she says, and "they come back to us in January when they're repenting of all their sins."

## Shopping for a gift online?



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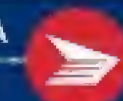
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SERVICE**



# Take care on Black Friday

SHOPPING EVENT

## How to stay safe in the parking lot and inside the mall

Camilla Cornell

There's actually a website called [blackfridaydeathcount.com](http://blackfridaydeathcount.com). Yep, really! According to the site, last year's Black Friday event saw seven deaths and 98 injuries.

Although Canada rarely sees the kind of mall mayhem, there are dangers you can and should protect yourself against. Among the most common:

**Parking lot injuries.** The U.S. National Safety Council found, on average, at least 60,000 people are injured and another 500 or more die in over 50,000 crashes in parking lots and garages every year. And another study from Montgomery County, Maryland, found 23 per cent of pedestrian-automobile accidents took place in parking lots.

Good figures aren't available for Canada, but there's little rea-

son to doubt the stats would be any better. As anyone who has navigated a crowded parking spot knows, they can be dangerous places. What can you do about it? To avoid injuries to yourself, your vehicle or someone else:

- Pay attention to your surroundings. Music and talk can mask noises and distract you. And puh-lease, stay off of your phone until you're safely parked.

- Park strategically. Park too close to the lines and you risk dings from surrounding vehicles. And by parking farther away, you may get a roomier space, reducing the possibility of door dents.

- Take particular care when backing up. This is when most collisions occur. When you're ready to exit a parking spot, check for traffic and pedestrians in all directions. Try to anticipate what other drivers will do, and,



Since 2006, 19 people have been injured and one has died in U.S. mall stampedes. GETTY IMAGES

if you're unsure, wait a beat until you know it's safe to pull out.

- Show your intentions. Use your turn signals to let other drivers know what you're planning to do.

- Watch out for kids. They can be hard to spot when they're standing between cars. And parents — hang onto your child's hand as you're walking through the parking lot.

**Mall stampedes.** Since 2006, 19 people have been injured and one Valley Stream, New York Walmart employee lost his life in a stampede of eager shoppers. Crowd control experts suggest the following tips to protect yourself in the event of any overcrowded situation:

- Get out of Dodge. If the crowd surrounding you becomes too dense, don't stick around.

- Too late? Adopt a boxer's stance. If you're caught in a crush, keep your hands to your chest to protect it and help you balance and keep others around you upright. Don't try to resist the surge of the crowd; instead follow the path of least resistance out.

- Stay calm. Screaming, yelling or pushing won't help you preserve energy.

**Crazed fellow shoppers.** Stabbings, shootings and pepper-spray injuries have all accompanied Black Friday. The good news: such behaviour most commonly occurs in the U.S. That said, "people can have very short fuses," said Louise Fox of The Etiquette Ladies. "I don't recommend getting into it with anybody. If somebody is rude to you, bite your tongue and ignore it."

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# Day of giving picked up globally

## CHARITABLE ACTS

### Giving Tuesday an official movement in 18 countries

Jaclyn Tersigni

Whether you're a serial shopper or a passionate detractor, the consumer hysteria that accompanies Black Friday and Cyber Monday can be exhausting, even disheartening for some. But there is an antidote: Giving Tuesday.

A movement devised in 2012 in the U.S., by the Belfer Center for Innovation & Social Impact at the 92nd Street Y — a cultural and community centre in New York City — Giving Tuesday is a national day of philanthropy, meant to galvanize and celebrate charitable acts.

On the Tuesday following American Thanksgiving (and the days of frenzied shopping that follow, at least in North America), individuals make

donations to organizations of their choosing, businesses of all sizes host fundraisers or volunteer, and groups gather together for food drives, clothing collections and other acts of kindness. CanadaHelps partnered with the GIV3 Foundation in Canada in 2013; now, Giving Tuesday is recognized as an official movement in 18 countries around the world.

"It's a pretty simple concept, that we should have a day for giving at this time of the year. As a result, it's been picked up quite easily. It's a concept that resonates really well, I think particularly for Canadians," said Woodrow Rosenbaum, the executive director of GIV3. "It's a bit of an antidote to the craziness (of Black Friday and Cyber Monday) ... It's nice to have a grounded alternative to that experience. This is not an anti-consumerism movement by any means; this is just a day for giving back."

More than 5,000 charity and business partners have signed up for this year's Giving Tuesday in Canada. It's a decentralized movement, so participants design their own modes

of involvement. Companies might sponsor their employees to go out and volunteer their time in the community, while non-profit organizations and charities often host sales and donation drives. Plan Canada, for example, will host a pop-up shop at Toronto's popular Christmas Market, held in the Distillery District, where it will be selling its "gifts of hope" — donations that buy specific necessities for developing countries, like school supplies for children and anti-malaria bed nets.

This will be the second year that Wilsons Home Heating, a Nova Scotia-based supplier of oil and propane for residential and office heating, organizes its own Giving Tuesday activities. Last year, the company ran a 'hug drive.' Employees wore T-shirts representing one of the three charities that Wilsons benefitted — IWK Health Centre, United Way Halifax and Phoenix Youth Programs — and took to streets, asking for hugs. When a passerby embraced an employee, Wilsons made a \$10 donation to the corresponding charity, on behalf of the hugger. They col-

lected 1,110 hugs and made a collective donation of \$11,110.

"The reaction was incredible. Many people were in shock that we were doing something like this, and there were many tears shed from folks who simply really needed a hug that day," said Blake Smith, head of marketing for Wilsons. He recalls receiving a \$100 out-of-pocket donation from one hugger, as well as a visit from a Truro couple who drove the hour to Halifax for the sole reason of a charitable embrace.

This coming Tuesday, Wilsons will repeat the initiative, this time benefitting Feed Nova Scotia, the Nova Scotia SPCA and Brigadoon Village, a non-profit recreational facility for children living with a chronic condition or special need. The company's 'Hug 4 Warmth' teams will canvas for hugs at the city's Scotia Square mall and Victoria Park.

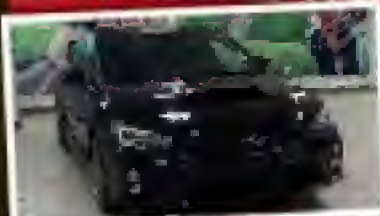
"The power in giving back is strong, and with so many in need, it is a wonderful feeling to be involved with such an impactful movement," said Smith. "People are feeling the warmth of the movement."



Last year, Wilsons Home Heating collected 1,110 hugs and made a collective donation of \$11,110. CONTRIBUTED

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PASSENGER**

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TCUV - 38,794kms  
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PRICE!**

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Auto LX - 93,702  
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**PRICE DROPPED**  
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#### 2013 INFINITI JX35 AWD



AWD, Lthr, Nav, Rear  
DVD - 64,526 kms  
#161247A

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& AWD**

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AWD Leather -  
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LEATHER!**

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#### 2011 TOYOTA RAV4 SPORT



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Black Friday happens to coincide with the model year changeover for many automakers, meaning deep discounts to get the 2016s off the lots. JON NICHOLLS

# Stick a bow on it and hit the road

## NEW INVENTORY

**It might not be a common gift, but watch for Black Friday car deals**

**Stephanie Wallcraft**

Why do automakers put on Black Friday sales, anyway? Do they really expect you to buy someone a car as a gift for the holidays? No, probably not.

But this time of year happens to coincide with model year changeover time for quite a few automakers, which makes it a happy convenience that Black Friday gives them an excuse to apply deep discounts and get the 2016s off the lots to make room for shiny new inventory. And

sometimes, if you dig deeper, you might find deals on 2017 models as well. If that means a few people happen to spread some holiday cheer by picking up a set of wheels and a gigantic bow, so much the better.

Here are some of this year's best Black Friday deals being offered across Canada on certain makes and models. These descriptions are overviews; visit the websites of automakers to review the specifics and fine print.

## FIAT CHRYSLER AUTOMOBILES

For FCA and its sub-brands, Chrysler, Dodge, Jeep, Ram, and Fiat, Black Friday is one of the biggest retail events of the year. Smaller sales have been ongoing all month, but the biggest incentives started on Nov. 21st and run until Nov. 26: over \$1.5 million in additional discounts have been added to a maximum of \$25,000 each, plus every cus-

tomers gets an extra \$500 cash discount and 0 per cent financing is available on select models. One lucky customer will even win a new vehicle worth up to \$40,000.

Entering is a two-stage process: first visit [blackfridaygiveaway.ca](http://blackfridaygiveaway.ca) to get a PIN code, then take that code to a dealership before Nov. 26 to spin a wheel to earn your additional discounts.

## GENERAL MOTORS

Three of GM's marques — Chevrolet, GMC, and Buick — have had a Black Friday sale going for most of the month offering 20 per cent off the manufacturer's suggested retail price. This equates to cash credits ranging from up to \$3,059 on a 2016 Chevrolet Spark LT sub-compact hatchback with air conditioning and an automatic transmission (based on an MSRP of \$15,295), all the way to as much as \$16,647 on a 2016 GMC Sierra Denali HD pickup (based on an MSRP of

\$83,235). These sales run until Nov. 30.

## NISSAN

Nissan's Black Friday sale runs until Nov. 30. While its offers vary slightly across the country, there are a few highlights you can count on finding at your local dealership:

- A purchase of a 2016 Micra SR sub-compact hatchback with an automatic transmission can receive up to a \$3,055 discount from an MSRP starting at \$15,988.
- Buying a 2016 Murano Platinum mid-size SUV can get you up to a \$3,355 discount from an MSRP starting at \$44,248.
- A 2016 Pathfinder SL three-row SUV purchase can net up to a \$7,355 discount from an MSRP starting at \$41,398.
- Grab yourself a Titan XD Platinum Diesel pickup and you can receive up to a \$15,000 discount from an MSRP starting

at \$74,900. If there's a model you're eyeing that's not listed here, there's a good chance it's on sale as well. Check with your local dealer for specifics and exact pricing.

## VOLVO

Volvo is taking a slightly different approach: its event is not so much a Black Friday sale as a goodwill holiday event, something it's calling the Thoughtful Test Drive campaign.

For every test drive taken now until Dec. 31, Volvo will make a donation to your local United Way or Centraide charity with a goal of donating a total of \$100,000. In addition, those who complete a test drive can save up to \$4,000 on select 2017 Volvo models and earn up to 100,000 Aeroplan miles on their final purchase.

## FORD

Ford of Canada's Black Friday

"Easy to get into a Ford" offers run until Nov. 28. (These dates are slightly different in Quebec; so check with your local Ford dealer for details.)

Shoppers can save up to \$3,500 on a 2016 Focus compact sedan or hatchback or Fusion mid-size sedan, or on the 2017 Escape compact SUV, and up to \$8,000 on most 2016 F-Series pickup trucks.

## HYUNDAI

For its Black Friday event running until Nov. 28, Hyundai is offering a \$750 discount on all models of its redesigned 2017 Elantra compact sedan on top of any existing discounts.

The Elantra LE, for example, with its six-speed automatic transmission, air conditioning, and Bluetooth, will be available for \$49 per week on a 36-month lease with zero down payment, 0 per cent financing, and with the additional \$750 off.



2016 Nissan Sentra. NISSAN



Chevrolet dealership in Ontario. TORSTAR NEWS SERVICE



2016 Focus RS 13. FORD





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# Five things to look for in a new TV

**Marc Saltzman**

It's been 88 years since Idaho farm boy Philo T. Farnsworth successfully demonstrated the first "moving pictures" transmission.

Little did the humble inventor of television know we'd still be staring at the fruits of his labour well into the 21st century — though today's models bear little resemblance to the three-inch flickering black-and-white box first shown in 1928. Today's televisions are huge, thin, smart, and offer an ultra-high resolution picture that's incredibly lifelike.

If you're in the Black Friday market for a new TV, the following are five trends to consider.

## 4K UHD

Your next TV will be a whole lot sharper. Referred to as "ultra-high definition" or sometimes "4K" TV, these next-generation televisions offer four times the resolution of a top-of-the-line



HISENSE 4K TV

1080p HDTV. In other words, instead of a screen that has roughly two million pixels — the little dots that make up the image — these televisions boast more than eight million pixels.

In plain English, 4K TVs present images so lifelike and clear it's like peering out of a giant window.

As a result, there's also a greater sense of depth, so consider it as close to 3D you can get without needing to wear special glasses.

## HDR

While 4K refers to the resolution

of the television — how many pixels make up the picture — this isn't the whole story.

The latest televisions also offer HDR, or "high dynamic range," which reproduces a wider range of brightness levels, richer colours, and higher contrast levels. Basically, this not only

means that you'll see the blackest blacks and the whitest whites at the same time, but also that no details will be lost in between.

When seen side by side with non-HDR content, HDR-enhanced video is incredibly bright and with vibrant colours, including some striking yellows and orange hues, such as a setting sun or crackling fire.

## Smart TV

Most new TVs today — even entry-level \$199 models — allow you to connect to the Internet via Wi-Fi.

Smart TVs allow you to ac-

cess online content, be it for video streaming (Netflix, YouTube, and Cineplex Store), social networking (Facebook or Twitter), or photo galleries, music services, on-demand news and sports scores, and so on.

Many Smart TVs give you a full web browser, too, so you can use a search engine or visit and bookmark websites, or they let you play interactive games.

In most cases, you choose which apps you want to see on your screen, not unlike icons on a smartphone.

## OLED, Quantum dot

Instead of a LED-backlit LCD television — often the panel of choice today — some TVs use OLED (pronounced "oh-led") screens for a superior image and other benefits.

Made by LG, televisions packed with organic light-emitting diodes are incredibly thin because each pixel is its own light source, therefore no back-lighting is required. Along with sharp colour and unprecedented



VIZIO P SERIES TV

contrast ratios (with super dark blacks), these televisions are more energy efficient than other TV panel types.

Other TV makers, like Samsung, are offering TVs powered by "quantum dot" technology. Quantum dot TVs can match the "infinite" contrast ratio of OLED, the luminance between the brightest whites and the darkest blacks. Quantum dots are teeny "nano" crystals, microscopic dots as small as one billionth of a metre, believe it or not (about a fraction of the width of a human hair). Quantum dot TVs also deliver a wide, more

true-to-life colour palette — especially reds, greens, and cyans — to rival the quality of pricier OLED-based displays.

## Curved

Finally, some television manufacturers, like Samsung and LG, offer curved TVs that slightly bend towards the user, just like

the screen at your local movie theatre. To many viewers, these concave screens offer a

deeper and more cinematic view of the action.

It boils down to personal taste — some may prefer a flat-panel TV instead — but having a choice at retail or online is great for everyone. But it's hard to deny these curved TVs are attractive conversation pieces, even when turned off.

Unlike the first generation of curved TVs, where it was recommended to sit dead centre for the best seat in the room, the latest curved TVs deliver a consistent, sharp picture and good sense of depth from virtually any angle.

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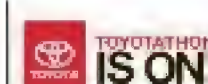
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# Your next PC: A buyer's guide

TECH TALK

## Understanding the latest trends in laptops, desktop, tablets and 2-in-1s

Marc Saltzman

If you're shopping for a new computer — perhaps taking advantage of aggressive Black Friday and Cyber Monday sales — you might've noticed they've slimmed down considerably over the years.

Who knew PCs were better at dieting than we are?

Borrowing many of the features that make a tablet appealing — thin and light form factor, responsive touchscreen, and fast performance — you might think computers have an identity crisis, but it's simply the new norm.

"Compact enough to carry with you,

yet versatile enough to run demanding applications, today's laptops are the best tools for doing serious work or play at home, and on the road," said Macky Rebelo, category sales manager for computer hardware and tablets at The Source. "Many of them have tablet-like features, too, including thin and light form factors, touch screens, and an all-day battery."

Here's a look at what's trending, and why, and a few other considerations when buying a computer for yourself or a loved one.

### Touch much

Keyboards are still ideal for long-form typing, but touch screens are far more intuitive for other tasks. Tapping, flicking, swiping and pinching feels natural, especially when looking at photos, reading ebooks, and playing games.

Aptly called "2-in-1s," a growing category of Windows computers are both

a laptop and tablet in one. In some cases, the screen bends back 360 degrees, which tucks the keyboard underneath when you no longer need it, and you can carry and use it like a tablet.

With other "detachable" 2-in-1s, you can remove the screen altogether, leave the keyboard on a desk or table, and bring the screen with you to use as a tablet.

### Thanks for the memory

When it comes to storage — that is, how many files your device can hold — you'll notice many computers today offer SSD (Solid State Drive) memory opposed to HDD (Hard Disk Drive).

If you can forgive the jargon soup, SSD memory is like the Flash memory in your smartphone, which is smaller, lighter, and faster than a hard drive, and with no moving parts — unlike a spinning hard drive — which not only makes it less prone to damage, but

it's much easier on the battery.

The only downside to SSDs is less storage capabilities, on average, than an HDD. For instance, a laptop may only have 128 gigabytes of SSD storage, compared to 1 terabyte (roughly 1,000 gigabytes) on an HDD. But with many streaming services like Netflix (movies, TV shows) and Spotify (music), which don't require you to download files, it's less of an issue these days. Not to mention, there are free "cloud" services that can hold your files for you offsite via a password-protected website or app.

### So, which one to buy?

Because of all the options available, buying a new PC can be overwhelming.

"When shopping for a new computer, consider these three things: what you need it for, the desired screen size, and your budget," said Ted Kritsonis, a seasoned technology journalist

based in Toronto. "Sticking to what you want, with those three considerations, is the best place to start when looking for a new device."

You'll also need to decide on an operating system, brand, and form factor.

With the former, Windows 10 offers familiarity, versatility, compatibility, and huge selection of devices. Apple MacBooks are built very well, but there's little selection (as only Apple makes them), and they cost a pretty penny. On the other end of the spectrum, Chromebooks are very affordable, but you need to be online for most tasks as there's limited local storage to hold files.

Next, you'll likely want to stick with a brand with which you've had a good experience. If you want a change, read online reviews — not just from critics, but also custom-

er comments — or ask friends and family what they use, and why.

And you need to decide on a form factor. Should you go with a stationary desktop, portable laptop, or ultra-portable 2-in-1 that doubles as a tablet when and where you need it? The choice is yours.

"Before you go shopping make sure you figure out what you're going to be using the computer for," suggested Rebelo. "Because you can use it as a laptop or a tablet, the 2-in-1s are very appealing, whether you go with a convertible or a detachable model." Demanding computer gamers might opt for a super powerful desktop PC instead, said Rebelo.

"There's a ton of selection," Rebelo added.

CLOCKWISE, FROM TOP LEFT: DELL XPS 13; ACER CHROMEBOOK; ASUS T100 TRANSFORMER BOOK; HP SPECTRE; LENOVO ALL-IN-ONE DESKTOP; MACBOOK PRO

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## How to stay protected while shopping online

Love online shopping? You're not alone.

According to a recent report published by JC Williams Group Ltd., a retail and marketing consulting firm, a whopping 92 per cent of Canadian respondents surveyed said they shopped via the web.

Clearly, many enjoy the benefits of online shopping: you don't have to fight traffic to drive to the mall and circle the parking lot; online stores are open 24-7, and you can wear your pajamas; it's easy to compare prices between multiple retailers and read both customer and professional reviews of products before you buy; product selection is vast, to say the least, including many stores and unique items sold outside of Canada; and products are shipped right to your door.

But to shop online safely, and protect your personal identity from malicious types, take heed to these online shopping safety tips:

### Look for the lock

Always use a secure Internet connection when making a purchase. Reputable websites use technologies such as SSL (Secure Socket Layer) that encrypt data during transmission.

"A web page is secure if there is a locked padlock in the lower right-hand corner of a browser or if the address starts with 'https,' where the 's' stands for secure," explained Suat Alaybeyoglu, vice president of consumer acquisition and management at American Express Canada.

### Use a secure payment method

Only shop on sites that take secure payment methods, such as credit cards and PayPal, as you've got buyer protection — just in case there's a dispute.

Alaybeyoglu says along with AMEX's Fraud Protection Guarantee — meaning you won't be held liable for any proven fraudulent charges — card members can be notified on their smartphones if there are any uncharacteristic trans-

actions or unusually high charges that might be suspected as fraudulent.

### Password pointers

"Change passwords routinely, or use password protection software if you're worried you won't remember them," said Ted Kritsonis, a Toronto-based technology journalist.

It's good to reset your shopping passwords every so often, just in case someone guesses one or if there's a data breach at an online retailer. And never use the same password for all online shopping sites (or other web activities, like online banking) as once someone guesses one password, they'll have free reign over everything else.

A strong password is at least seven characters long, has a combination of letters, numbers and symbols.

### Do your homework, don't be naïve

When on auction sites like eBay, check the seller's reputation and read comments before buying a product to see what the experience was like for past customers. You can always ask a question to a seller and reputable ones will reply in a timely manner. Also, read the item description carefully before you buy, including where the seller is located, shipping charges, if the product is new or used, refund and return policies, and payment methods accepted.

### Avoid shopping on hotspots

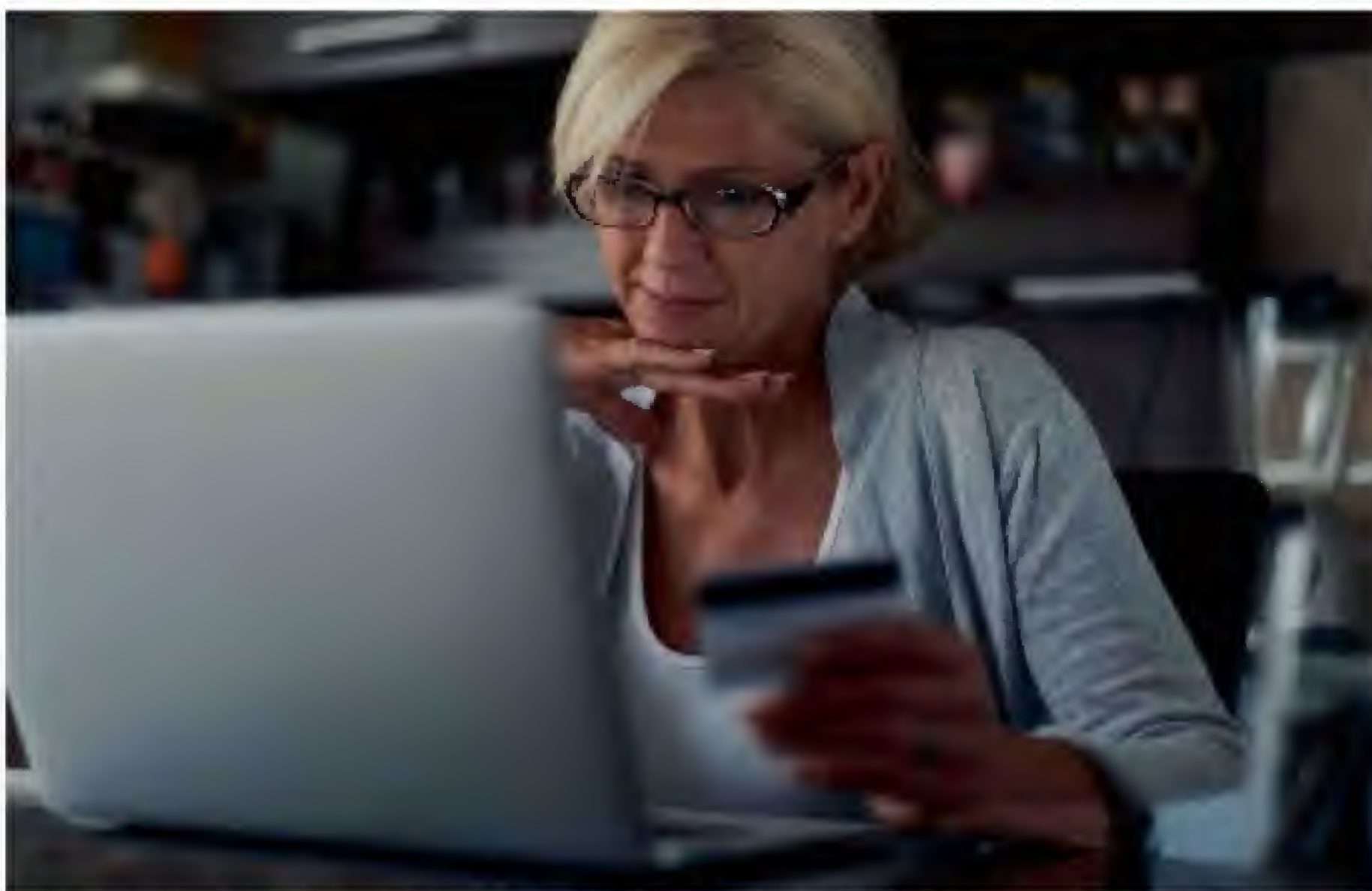
Try not to do any online shopping when you're using a public computer or when you're using a public Wi-Fi network. You never know if your information is being tracked and logged — so it's best to wait until you get home. Or use your smartphone as a personal hotspot, which is safer than free Wi-Fi.

"Another tip is to use gift cards, like many retailers offer, which is a good way to shop without providing any financial information," suggested Kritsonis.

— MARC SALTZMAN



Try not to do any online shopping when you're using a public Wi-Fi network. HP SPECTRE



Improved technical literacy among seniors is having a bigger impact that retailers should be taking note of, experts say. ISTOCK

## More seniors shop online

### RETAIL ANALYSIS

## Better security, service make e-commerce attractive

Brent Jolly

When it comes to shopping, Shirley Kotack is far from being the quintessential old-fashioned senior citizen.

For the last eight years, the 71-year-old Toronto resident has been purchasing more and more items online, rather than in traditional bricks and mortar retail outlets.

From art supplies, such as special inks and printing papers, to books, and even the odd furniture item, Kotack says about 70 per cent of her shopping is now done online.

"Shopping online is cheaper and easier," said Kotack. "Plus it saves me from having to go around from store to store to find the products I want. I can do all of that without even leaving my couch, which is great."

And Kotack isn't alone. In fact, she's just one example of a growing number of grey-haired Canadian baby boomers who are embracing the idea of shopping along a digital main street.

However, despite this emerging digital disruption, many retailers are quick to look past the wants and needs of senior citizens, says retail analyst Doug Stephens.

"It's a real blind spot," he said.

"Retailers today only seem to see what millennials want, but seniors can't be discounted because you are seeing more and more seniors become proficient with using technology."

Indeed, that improved technical literacy is having a much wider impact that retailers should be taking note of, Stephens says.

"In the future, older Canadians are going to want more than just vacation services and health-care related items," he said. "Overall, the increased digital connectedness of seniors is making shopping habits become less and less predictable."

Indeed, that's an observation that is confirmed by a recent white paper published by the Yellow Pages Group.

According to its research, older consumers are increasingly 'showrooming' products or services. This means that more and more elderly Canadians are researching their purchases in a physical store first before they are purchasing those same goods or services online.

Jeff Novak, the brand director for RedFlagDeals.com, a Canadian bargain hunting and coupon website owned by the Yellow Pages Group, says this practice helps older Canadians maintain peace of mind, as many dip their toes into the uncertain waters of online shopping for the first time.

"Showrooming helps older shoppers see the product they want to buy; to touch it and feel it, so they know more about what they are going to get in advance."

In addition, he says, many re-

tailers specializing in technology and electronics, such as Apple, for example, have begun courting seniors by offering better instruction on how to properly use their devices.

This is a valuable practice for the future of retail because it helps seniors feel more comfortable, and secure, with operating new technologies.

That's a sentiment that Kotack can relate to. As she has gained more experience shopping online, the process has become much simpler. That's gone a long way to help calm any nervousness she may have once had, she says.

However, seniors who don't have the working knowledge of computers or mobile purchasing technology, are more likely to be leery of shopping online, particularly given the plethora of online credit card scams, she says.

One way to help dissuade those concerns is with the emergence of better e-commerce technology, says Alan Middleton, the executive director of the Schulich Executive Education Centre at York University's school of business.

Over the last two to three years, he says, the progress demonstrated by Canadian retailers in this space has been remarkable.

"Until recently, there was an easy phrase to describe Canada," he said. "We were leaders in online investigation and laggards in online buying. But that has changed massively."

In particular, he singles out the Hudson's Bay Company, as

an example of a Canadian retailer which has seen significant returns on investment in online shopping.

Not only has the Bay invested significant resources into building a secure payment system, which encourages more seniors to shop online, but it has also improved the website's navigation and employed larger fonts, he says.

Equally important, he says, is the fact that the Bay appears to have found a good formula for product shipping and returns, which can often be a sore spot for online shoppers, including Kotack.

"[In the future] retailers who win will do so because they can offer different levels of service for different segments of the population," says Michael LeBlanc, senior vice president, membership, programs and revenue with the Retail Council of Canada.

As more seniors migrate online, he says he believes the opportunity for more types of 'white glove' (or premium) delivery will grow. For example, he says seniors will more likely pay more to have new kitchen utensils delivered directly to their homes.

Moreover, a second area of growth he sees for retailers is in replenishment services, such as the shipping of a new supply of vitamins every month.

It's a view that Kotack believes many shoppers her age will agree with.

"It's all about serving the client's need — and who can fulfill that need that you just can't get somewhere else," she said.





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# Decor trends nod to turn of the century

## HOLIDAY DECORATING

### Get inspired by children's books, natural elements

Tara Nolan

Whether you are decorating your first home or condo or you're looking for fresh ideas to incorporate what you have, here are some holiday decorating hints.

#### The latest trends

Trends we'll be seeing this year include what designer and lifestyle expert Janette Ewen refers to as "the enchanted forest." This look is inspired by classic children's books like *The Chronicles of Narnia* and *The Secret Garden*. "A nod to the late 1800s/early 1900s is reflected in the following elements: mixed metallic; holiday greenery — moss, wood and natural elements; pearls and crystals; muted natural tones with soft colours as accents; twinkly lights; and vintage, turn-of-

the-century decor elements," she said.

LED lights is another trend identified by Ewen who makes note of the innovative Applights that allow you to control the display from your phone.

Ewen's own tastes, when asked to pick a favourite, lean towards a couple of interesting, yet disparate styles. "I love two looks, both very different: A mid-century modern Palm Springs styled Christmas and a rustic, woodland holiday."

#### Rustic holiday style

Natural accents are very popular right now, even in regular home decor. Outdoor elements can be brought indoors to adorn centrepieces, garland on a mantel or staircase, and even your Christmas tree. "I love bringing in antique touches ... so to elements that you may already have at home, like a candelabra, I will add tons of moss, wood and pine cones," said Ewen. "It's a rustic, outdoorsy, woodsy blend. I also love burlap bows and antique-looking ornaments."

Michaels offers a few styles of burlap ribbon and Rona Home &



Among the latest trends in holiday decor is the enchanted forest look. MAGDA M

Garden has created some great rustic ornaments made from wood and burlap for tree trimming.

#### Modern holiday style

Modern holiday palettes often reflect what's happening in the world of paint. SiCO, for example, identified a few trendy colour combos, including "rich brown mixed with blue-green, burgundy or mustard, earthy green and ivory paired with terra-

cotta, and mid-tone blue coupled with grey and highlighted with dark metallics." The paint brand recommends painting your mantel an unexpected hue and adding a pop of colour to a banister before the garland goes on.

Ewen adds that icy blue and silver with slightly geometric shapes always looks fresh and modern. "Avoid too much greenery in this look," she advised. "For example, with wreaths, keep it about the sparkle — it looks

more contemporary."

Indigo has some lovely, glittery, modern ornaments, as well as winter-white decorations and kitchen accessories and candles in metallic tins.

#### Traditional holiday style

Of course there is a certain timelessness to many a decoration, especially the ones you lovingly unwrap each year — see Ewen's first trend recommendation. "You can't go wrong with classic glass

ornaments," she said. "Pile them up on a cake stand or in a rustic silver bowl for a classic, chic and timeless look."

Many retailers, such as Drake General Store, and makers, like those whose work can be found on Etsy.ca, have adeptly captured that "old is new again" feeling in ornaments and decorations.

#### Minimalist holiday style

With more people living in small spaces and condos, being a minimalist may be more about practicality than style. Regardless, there are still ways to add a dash of festive flavour to your space without taking up too much your actual square footage (and later, storage space). "Embrace mid-century modern shapes and consider styling unexpected places like a bookshelf," recommended Ewen.

And check out big box and department stores for smaller versions of faux trees. Home Depot, for example, is offering what is called the Hayden Half Tree exclusively through its website. The back has been lopped off so that it fits perfectly in the corner of a room.

# Layer your lighting for a festive hue

## SETTING THE MOOD

### Control the ambiance in your home over the holidays

Tara Nolan

The time period spanning the holidays is one that requires multiple levels of ambiance.

Lighting plays a starring role in how you set the mood. There's that cozy-up-by-the-fire-with-a-hot-chocolate feeling after coming in from the cold, an extra bright illumination necessary for important to-dos, like gift wrapping and card signing, and then there's that bright, festive, make-merry



Indigo's LED 10-light strand.

vibe that can be associated with perhaps an ugly sweater party or a family gift exchange.

If you're looking to do more than merely untangle your current strings of Christmas tree lights, consider these tips to kick your lighting game up a notch.

"One of the most interesting trends I am seeing is an increase in detail of lighting in general," said Ulya Jensen, owner and principal designer of Ulya Jensen Interiors in Ottawa. "People are putting more personality into their lighting then ever before: We used to see very plain, non-descript lights, where now the lighting is becoming the focal point with a story."

Jensen says the popularity of vintage lights continue to be at the forefront of lighting trends, with that industrial, mid-century modern look also being prevalent. Steel and caged lights, as well as vintage dome lights in coloured metals and mixed media with reclaimed wood and iron are also all quite popular.

When it comes to a holiday party, you can work among several rooms to set several different moods. For example, in the kitchen, where many will inevitably congregate, you want it to be bright and festive and conducive to being able to see what you are doing as you mix drinks and put together your appetizer platters.

In other rooms, you'll want more of a cosy warmth.

Jensen recommends overhead lights that you can dim, as required, coupled with tabletop LED candles and other decorative lighting pieces. "Try filling a hurricane vase with LED battery string lights," she recommended. "This creates a twinkly centrepiece." (Many of these miniature strings now come battery operated, eliminating the need for extension cords.) Candles on mirrored trays can also enhance existing lighting, according to Jensen, as the mirrors will reflect the light.

Some well-known lighting brands have come out with different bulb options for everyday use and the holidays are the perfect time to introduce those, as well.

The new Philips SceneSwitch LED light bulb, for example, allows you to adjust the light's settings — without needing a dimmer switch — depending on the task you're doing. You can choose from a soft white, daylight or warm glow. These are available at Home Hardware and Home Depot.

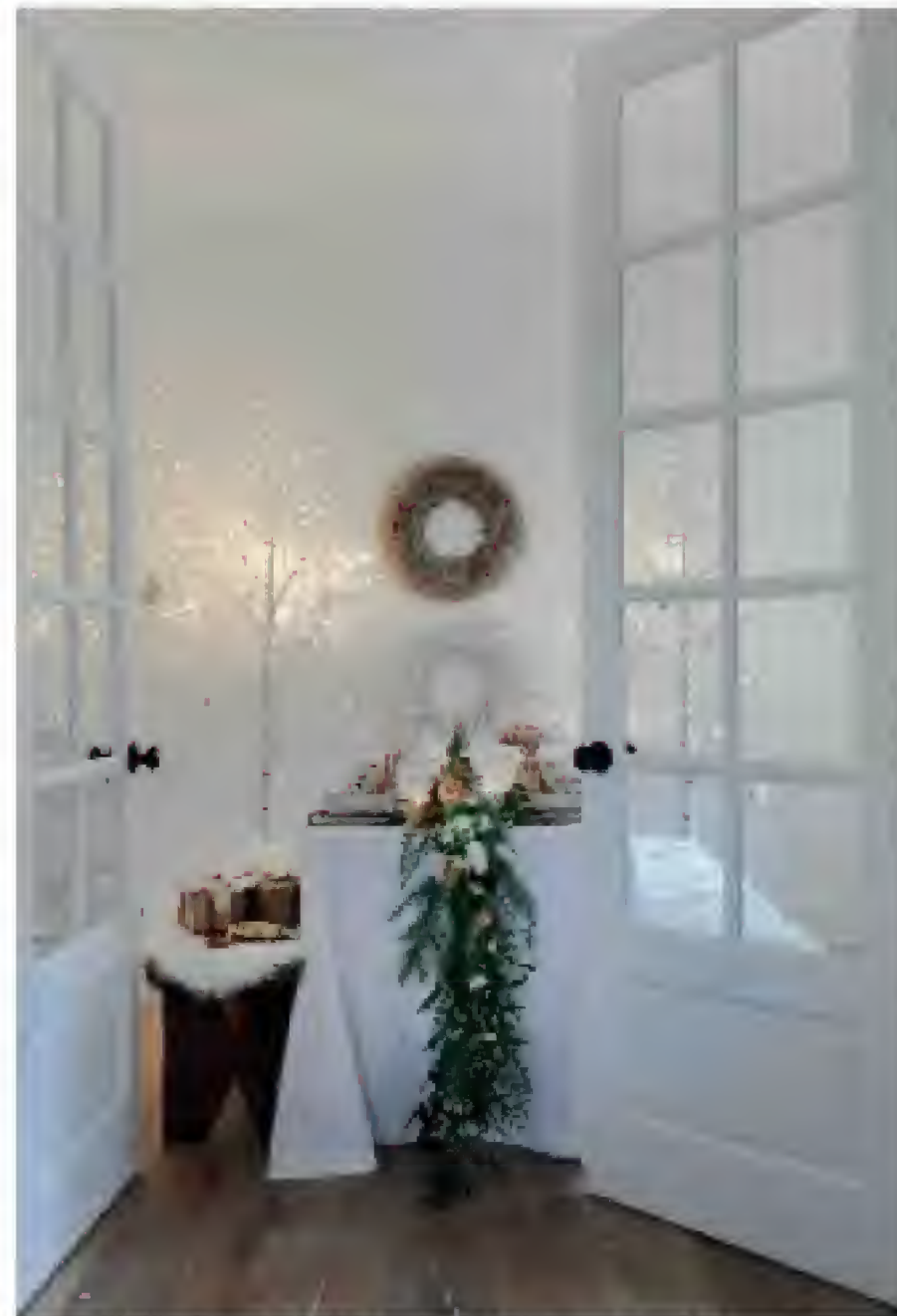
And GE Lighting has unveiled REVEAL light bulbs (available at Walmart and Lowe's), which are energy-saving LEDs designed to enhance colour and details, perfect for showing off your decorations.

Jensen has a few other tips for tweaking your lighting for the holidays. "As we are inside and want to be cosy, try switching up your lampshades for black or navy, or shades that have a gold or amber lining," she said.

Jensen also suggests supplementing the lighting you have with options in other key locations in a room. For example, if you have lots of overhead light, use floor lanterns with groupings of battery-operated candles in the lower portions of your space.

"Layered lighting is also key," said Jensen who recommends supplementing existing lights with string lights, lanterns and even coloured glass shades to add a festive hue to a room.

String lights have come a long way in recent years. Edison lights with those visible filaments continue to be popular and there are also great themed lights, such as the silver bohemian lights (among other styles) offered by retailers like Indigo. You can add these across the mantle of a fireplace, around doorways or a banister, and of course, around the tree. These miniature lights can be all white or a rainbow of colour. There are lots of great pre-lit trees on the market that can also make a great statement in a room, such as the more modern, pre-lit birch trees available at HomeSense.



These light-up birch trees from HomeSense (in background) add a holiday feel to any room or foyer. HOMESENSE





CONTRIBUTED

# High tech in the kitchen

## The latest appliances make healthy family meals easy to master

Family dinner can be a struggle. "Some nights it's a gong show!" says Donna Bishop, a busy Toronto entrepreneur and fashion-industry mentor. "It's a scramble to get everyone fed without severe hangry setting in," she says of her two kids and husband, Stephen, who travels frequently for business.

For families like the Bishops, advanced kitchen tech can be a big help. Philips makes it their mission to help families enjoy fast, delicious homemade meals more often. And they've developed appliances to make it possible.

Take the Philips Airfryer, for instance. Not only can this versatile little appliance make fried foods with less fat, it can also bake, roast and grill (even skewers). The secret is its Rapid Air Technology, which circulates hot air around a metal mesh cooking basket. Little or no oil is needed, and thanks to the patented "starfish" design on the bottom of the Airfryer, food is always cooked evenly.

But perhaps the Airfryer's most exciting trick is its ability to cook "cheeky" foods like fried chicken at home — with healthier results. Even food that has natural fat, like marbled meat, comes out less fatty when

cooked in the Airfryer, as excess fat drains off during cooking.

Bishop says one of the things her family misses most in the winter is BBQ favourites like burgers, marinated flank steak, salmon and grilled fruit and veggies. The Philips Smokeless Indoor Grill lets her get that smoky barbecue flavour year-round — along with those mouthwatering grill marks.

Another family favourite, pasta, is easier with the Philips Pasta Maker. A bonus: fresh homemade pasta can be made healthier (and more colourful for kids) by adding spinach or carrot juice or egg. Pair it with a nutritious sauce and you've got a winner, says Abbey Sharp, a culinary registered dietitian and blogger. "With pasta, I often like to sneak in extra veggies (like I do with my butternut squash mac and cheese)." And, she suggests, "Try using a super flavourful strong cheese so you can cut back on it, and even swap out regular pasta for spaghetti squash."

Quicker, healthier meals are music to Bishop's ears. "Steve and I value good food and gathering around the table a great deal," she says. "It's a wonderful time together."

# PHILIPS

## Two recipes you can make in the Philips Airfryer in 30 minutes or less

### Fried Meatballs in Tomato Sauce

Servings: 3 to 4 portions as a snack or part of a main course

Time: 10 minutes preparation + 8 minutes in the Airfryer

- 1 small onion
- 300 g minced beef
- 1 Tbsp chopped fresh parsley
- 1/2 Tbsp chopped fresh thyme leaves
- 1 egg
- 3 Tbsp breadcrumbs
- Salt & pepper to taste
- 200 mL of your favourite tomato sauce



1. Finely chop the onion. Place all the ingredients into a bowl and mix well. Shape the mixture into 10 to 12 balls.
2. Preheat the Airfryer to 390°F.
3. Fry in two batches. Place the meatballs in the Airfryer basket and slide the basket into the Airfryer. Set the timer for 7 minutes.
4. Transfer the meatballs to an oven dish, add the tomato sauce and place the dish into the basket of the Airfryer. Slide the basket into the Airfryer.
5. Turn the temperature to 325°F and set the timer for 5 minutes to warm everything through.

Tip: For a great snack, serve the meatballs without the tomato sauce.

### Chocolate Cake

Portions: 8 to 10

Time: 15 minutes preparation + 25 to 30 minutes in the Airfryer

#### Cake:

- 3 eggs
- 125 mL sour cream
- 150 g flour
- 150 g caster sugar
- 125 g unsalted butter
- 40 g cocoa powder
- 1 tsp baking powder
- 1/2 tsp baking soda
- 2 tsp vanilla extract

#### Chocolate icing:

- 150 g chocolate
- 50 g unsalted softened butter
- 200 g icing sugar
- 1 tsp vanilla extract



1. Preheat the Airfryer to 325°F.
2. Place all the cake ingredients into a food processor and mix well. Transfer to an oven dish.
3. Place the oven dish into the basket of the Airfryer. Slide the basket into the Airfryer and set the timer for 25 minutes. Once the time is up and the timer rings, prick the cake with a wooden skewer or fork. If it comes out clean, the cake is cooked through. If it's still sticky, place the cake back into the Airfryer and set the timer for another 5 minutes.
4. Remove the dish from the basket and leave the cake to cool on a wire rack.
5. Meanwhile, melt the chocolate in a bain-marie or in the microwave. Leave to cool a little, then mix all of the icing ingredients together.
6. Remove the cooled cake from the oven dish and place it onto a plate. Cover with the chocolate icing and serve.

Tip: You can replace the baking soda with more baking powder if necessary.



# Motivated more than ever

## 2016 GREY CUP

### Messam turns in career year to help Stamps reach title game

When a journalist's pre-season predictions had Jerome Messam slotted in as only the eighth-best running back in the CFL this season, he took it personally.

He also took a screenshot of the insult on his phone to use as motivation, and to savour later when he'd proved it wrong.

And oh, how wrong.

"I was like 'OK, if that's how you feel, then I'm going to show you what time it is,'" Messam said, with a laugh.

The Calgary player went on to lead the league in rushing yards (a career-best 1,198) and rushing touchdowns (11) in propelling the Stampeders to Sunday's Grey Cup, and was named the league's most outstanding Canadian on Thursday night.

While criticism has seemingly followed the big running back through his seven seasons and five stops in the Canadian Football League, it has simply served to fuel the 31-year-old from Brampton, Ont.

"I look at that stuff in the off-season, how you guys (reporters) talk about me, it kind of sits with me a little bit. It was definitely motivation," Messam said. "I just like to prove doubters wrong. That's been a thing of mine through my career. I'm



Stampeders running back Jerome Messam inspects the Grey Cup on Thursday in Toronto. NATHAN DENETTE/THE CANADIAN PRESS

pretty self-motivated."

It's been a complicated career of ups and downs — more downs, it seems, than ups — for Messam. In his rookie season in 2010 with the B.C. Lions, he was charged with assaulting a bouncer at a London, Ont., bar. He fought teammate Paris Jackson in the locker-room, and then there was concern about his focus during the 2011 training camp. He was traded to Edmonton.

Injuries hampered his two seasons with the Eskimos, and he

was traded to Montreal, where his injuries would follow him.

Saskatchewan signed him in 2014, but then shipped him to Calgary at last year's trade deadline.

"Heard some of that stuff (about Messam's troubles) when we traded for him last year ...

certainly I was aware of that, but I wanted to be fair to him, let him prove to me what type of guy he is," said Stampeders head coach Dave Dickenson. "I stay on top of him ... and from what I've seen, he shows up to play each and every week, he's not a selfish guy, he's a well-

rounded football player, he can run and catch and block.

"So you look at that, I think I've got a good back and I'm glad to have him."

His move to Calgary was perfectly timed, as he's filled in for two-time Grey Cup champion Jon Cornish, who retired after last season.

The six-foot-three, 254 pound Messam, who also attended the Miami Dolphins training camp in 2012, is making his Grey Cup debut this week. The fact it's in his hometown is all the more

**“He’s going to be fired up, he’s going to be ready to go, he’s a guy you can count on every week to be ready to go.” Rob Cote**

## + CFL AWARDS

The Stampeders will enter the 104th Grey Cup game with several feathers in their caps after walking away from Thursday's awards banquet with a number of individual awards:

- **Outstanding player**  
Quarterback  
Bo Levi Mitchell
- **Outstanding Canadian**  
Running back  
Jerome Messam
- **Coach of the year**  
Dave Dickenson
- **Outstanding lineman**  
Derek Dennis
- **Top rookie**  
Receiver DaVaris Daniels

sweet.

"It's a blessing to see how everything's come together and to be playing here in my hometown in front of friends and family, it's going to be awesome," he said.

During the Stampeders' media day Thursday, he bent down to take a close look at the carefully polished Grey Cup trophy, but dared not touch it — superstition warned him against it.

"I'm going to touch it on Sunday, I'm going to lift it over my head, sipping out of it, and pouring drinks on everyone," he said, laughing. THE CANADIAN PRESS



The **BRICK.**  
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# Johnson knows he's No.1



FLAMES UP CLOSE

Ryan  
Leslie

Who is Chad Johnson?

Well the mild-mannered goaltender for the Flames is exactly what and who you think he is.

He's the same on the ice as off. No panic to his game and cool as ice in front of the cameras and microphones. Just a consistent pro with a pleasant demeanour and because of that, and the way he's performed this season, he's endeared himself to his teammates, Flames fans and the media alike.

When we sat down to chat, I asked Johnson point blank "are you a starting goaltender?"

He responded with "yeah I am — whatever that label means to some people."

Hard to argue with the way he's played and the way his team has played in front of him. Every night he's given his team a chance to win.

The 30-year-old grew up in southeast Calgary — a Flames



Chad Johnson's demeanour and play has won over Flames fans. GETTY IMAGES

fan, playing street hockey with his twin brother. They both shared the same NHL dream but only one made it. He credits his own personal focus as to why he made it.

On his journey, Johnson's

played second fiddle to some big names during stays in other NHL markets: Henrik Lundquist in New York, Tuukka Rask in Boston, Mike Smith in Arizona and he was brilliant taking over for Robin

Lehner in Buffalo.

Those other stops prepared him for this chance to wear the flaming "C" at the right time in his career and life. Much to the delight of his mom whom Chad said is

“

**Yeah, I am — whatever that label means to people.**

Chad Johnson on being Calgary's first choice goalie

maybe the most delighted to have her boy home. She was the one who ever since he was six years old, shared the belief and his NHL dream. Dad was the execution — or the x's and o's — mom was the support.

Away from the rink, Johnson says he's a pretty simple guy. He and his wife are "foodies," he's got an old truck he's having restored and admits he doesn't care much for social media. He knows who he is — a hockey player — and doesn't spend time worrying about any kind of chatter about him.

Chad Johnson, a local boy wearing the local colours. And doing it everyday with a smile on his face.

VISIT METRONEWS.CA ON MONDAY FOR THE FULL FLAMES UP CLOSE PODCAST WITH RYAN LESLIE.

## IN BRIEF

### Habs end Canes' streak

Max Pacioretty scored 14 seconds into the third period to break a tie and lift the Montreal Canadiens to a 2-1 victory over Carolina on Thursday night, ending the Hurricanes' five-game winning streak.

Andrew Shaw also scored for Montreal (15-4-2), which won for only the second time in six games. The Canadiens averaged a 3-2 loss last week in Carolina with backup Al Montoya in goal. THE CANADIAN PRESS

### Lions beat Vikings on last-second field goal

Matt Prater kicked a 40-yard field goal as time expired after Darius Slay returned an interception 13 yards with 30 seconds left, lifting the Detroit Lions to a 16-13 win over the Minnesota Vikings on Thursday and into sole possession of first place in the NFC North.

The Lions (7-4) have won six of seven, including two against Minnesota this month, despite trailing in the fourth quarter of every game this season.

THE ASSOCIATED PRESS



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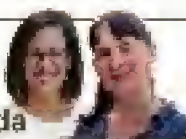


## RECIPE Nicoise Pasta



PHOTO: MAYA VISNYEI

**Ceri Marsh & Laura Keogh**  
For Metro Canada



This pasta leans on ingredients you've got in your pantry.

### Ready in 25 minutes

Prep time: 5 minutes  
Cook time: 20 minutes  
Serves 4

### Ingredients

- 500-grams spaghetti
- 3 Tbsps olive oil
- 3 cloves garlic, crushed
- 1/2 cup black olives, pitted and roughly chopped
- 1 pint cherry tomatoes, roughly chopped
- 1/4 cup capers
- 2 x 5 oz tin of tuna, drained
- 3 or 4 leaves of fresh basil, torn into pieces
- 1/2 cup Parmesan, grated

### Directions

**1.** Put a bit pot of well-salted water on to boil. Cook pasta according to package instructions. Just before you drain, remove 1 cup of cooking liquid and set aside.

**2.** In another large pot, warm up olive oil over medium heat. Toss in garlic, tomatoes, olives and capers. Stir and let the garlic cook for a couple of minutes. Add tuna and break it up a bit.

**3.** Add the cooked pasta and toss together until the pasta is well-coated and the rest of the ingredients are spread throughout. Pour in your cooking liquid bit by bit until the pasta loosens up.

**4.** Serve with a topping of grated Parmesan and fresh basil.

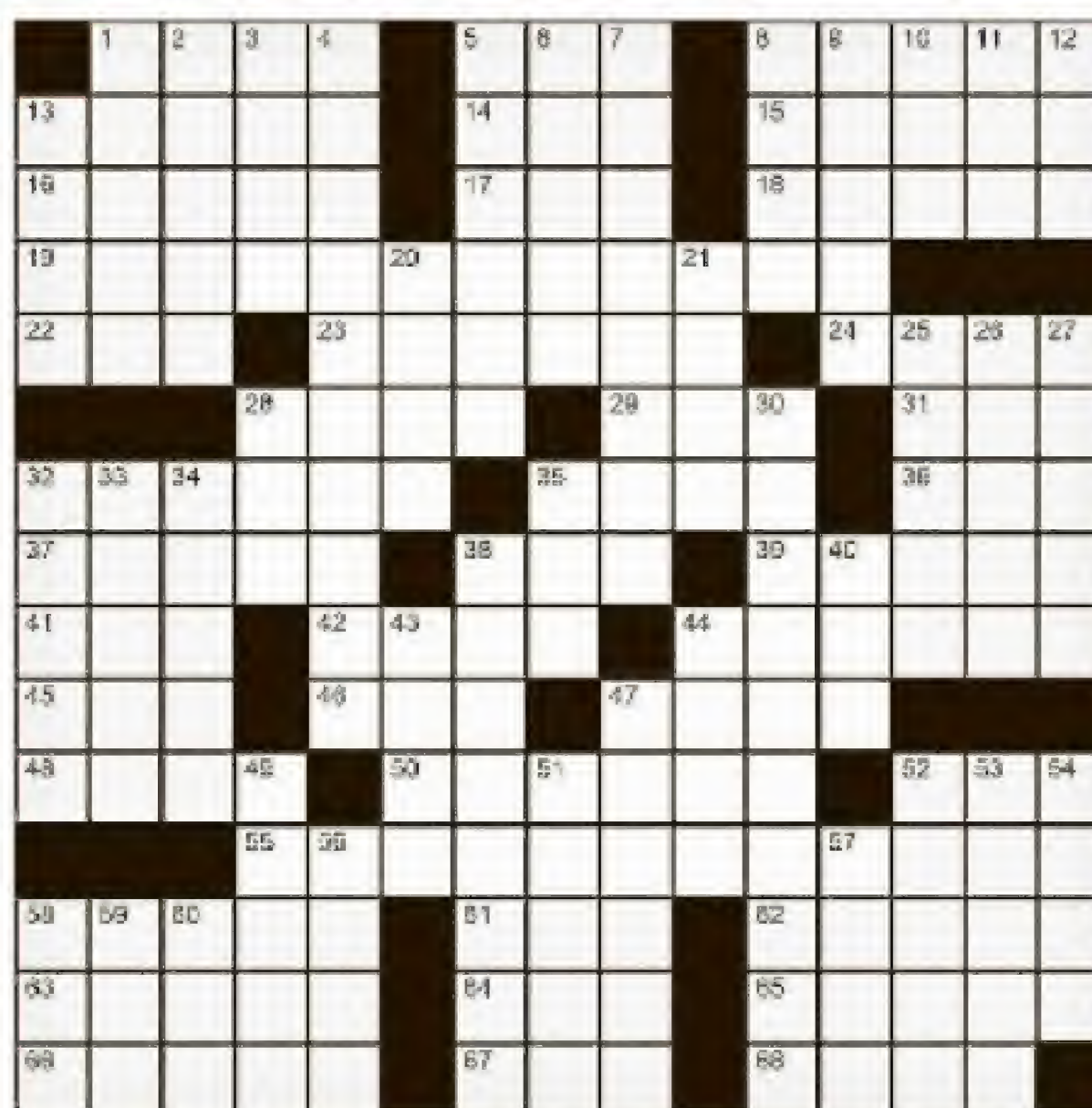
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## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

### ACROSS

- Pond-organism
- Economy stat.
- "SCTV" character Ms. Prickley
- Bunch of bees
- HEARer
- Ms. Osmond
- "\_ \_ \_" (Laura Petrie's classic TV catchphrase)
- Fish story
- One saying "Eww, gross", say
- Celebrity chef on Food Network Canada (More at #4-Down!); 2 wds.
- Archaic-style suffix
- "\_ \_ \_ Alive" by The Bee Gees
- Moms-following times
- Pre-1917 ruler
- List stopper [abbr.]
- Calif. NBA team
- Towards the middle
- Ship's figurehead site
- Sleeveless desert-wear garment
- Make corrections
- \_ Angeles
- Esau's biblical twin
- High card
- Gem of Australia
- Lizards like in GEICO commercials
- Mr. Beatty
- Curtains holder
- Judy Garland's daughter Lorna
- D'Urbervilles heroine
- Blue Rodeo's "Til I Am \_ Again"
- Expanse



- Go out yonder, peace in the valley... is how this Band song begins: 4 wds.
- "Ditto over here!": 2 wds.
- Vertical opposite [abbr.]
- Valerie Harper sitcom in the 1970s

- \_ green
- Traveller's lodging
- "Egads!"
- Did some office work
- Zoologist's 'foot'
- Suffix with 'Game'

### DOWN

- Not \_ \_ (Not at all)
- Northwest Territories official tree, Tamarack \_
- David who played Joe Gerard on #62-Across
- Prince Edward Island's resident Food

- (Honour/role for #19-Across)
- Actress, Sarah Michelle \_
- Meadows flower
- Provincial leaders
- Eject, as energy, for example
- Country house in Russia

- Vex
- Fasten
- Feminine pronoun
- Roughly
- And others, commonly: 2 wds.
- Van Morrison's "the Mystic"
- Singer, Roberta \_
- No-no
- \_ of beef (Carnivorous portions)
- \_ can
- Canadian historical/wartime artist, \_ \_ \_ (b.1869 - d.1951)
- Stood for something in a statement
- Host an event
- "Mr. \_ Goes to Town" (1936) starring Gary Cooper
- Washington insider, wee-ly
- Title for addressing a Peeress
- Perform
- Apple or pear, in botany
- Swallow soundly
- Studies
- Cook's need
- Gleaned
- "\_ on the Water" by Deep Purple
- Downy duck
- Santa \_ (Hot winds)
- Tilled
- "\_ \_ \_ the jackpot!!!"
- Witty word
- English cathedral city
- Point

## \* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20  
You might have some kind of disconnect with a friend or partner today due to jealousy or passionate feelings for a boss or an authority figure. Indeed, this is a tricky day. Tread carefully!

**Taurus** April 21 - May 21  
Your work routine will be interrupted today. Just expect this and accept it. Meanwhile, discussions about politics, religion and racial issues will be fervent. Oh yeah.

**Gemini** May 22 - June 21  
Parents should be vigilant with their children today, because this is an accident-prone day for kids. Meanwhile, intimate relations are intense and passionate.

**Cancer** June 22 - July 23  
Equipment might break down today, small appliances might be troublesome or minor breakages could occur. This might trigger intense discussions with a partner or a close friend.

**Leo** July 24 - Aug. 23  
Pay attention to everything you say and do today, because this is an accident-prone day for you. You might blurt something out and later regret it, especially at work. Oops!

**Virgo** Aug. 24 - Sept. 23  
Keep an eye on your money and possessions today, because something untoward might affect them. Meanwhile, romance definitely is hot and heavy! Mamma Mia!

**Libra** Sept. 24 - Oct. 23  
You feel passionate, impetuous and impulsive today, which is why anything might happen. In particular, you have strong feelings about something happening at home.

**Scorpio** Oct. 24 - Nov. 22  
You might be obsessed with an idea today. Whatever it is, you can't get it out of your mind. Be careful that this does not cause problems at work. Take a breath and step back from things a bit.

**Sagittarius** Nov. 23 - Dec. 21  
Your desire to buy something might be impulsive today. In fact, your financial decisions in general today are a bit one-sided. Try to see both sides.

**Capricorn** Dec. 22 - Jan. 20  
You might have a reaction to parents and bosses today. They have their differences, but you want recognition for your ideas as well. And why not?

**Aquarius** Jan. 21 - Feb. 19  
A secret love affair might get out of hand today. (Heavy passion!) Could that be why this is an accident-prone day for you? Think before you speak or do anything today.

**Pisces** Feb. 20 - March 20  
You have strong feelings for a friend today. Nevertheless, keep your mind on money issues as well, because something could go wrong here. Guard against loss or theft.

### CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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### EXAMINE YOURSELF

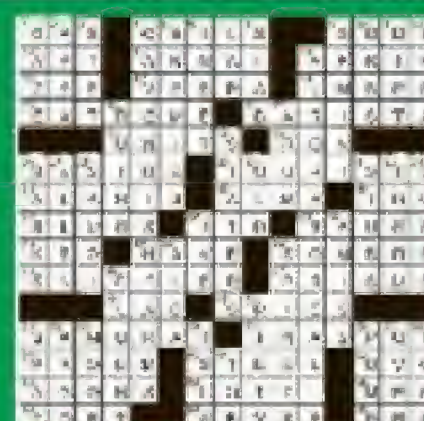
It is fascinating to know that Jesus is an image of the invisible God. He possesses the attributes of God. His integrity is unparalleled; He does what He says. For example His serving others confirms His word: "For even the Son of Man came not to be served but to serve others and to give his life as a ransom for many." (Mark 10:45 NLT). Does your life reflect Jesus' character?

RCCG CHRIST EMBASSY CHURCH | EMAIL: pastorgreg@christembassy.org  
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### YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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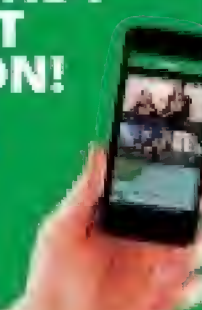


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# The Camera Store's Black Friday Sale

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### Nikon D5300 w/18-55, 55-200 VR and bag

Meet the Wi-Fi® enabled, ultra-high-resolution Nikon HD-SLRs: the D5300. With built-in Wi-Fi for instant photo sharing to your smartphone or tablet, GPS and mapping, a cutting edge 24.2-megapixel image sensor, an extra-large swivelling Vari-angle LCD and more, D5300 brings an outstanding new level of image quality and capabilities in a compact, ergonomic design.

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### Nikon D7200 Body

The exhilarating image quality, low-light capabilities and speed of a Nikon DSLR are available with the convenience of built-in Wi-Fi and NFC

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### Nikon D810 Body

An FX-format full-frame image sensor design with 36.3-megapixels and no optical low-pass filter is paired with Nikon's EXPEED 4 image processing for detail retention from snow white

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### Nikon D500 Body

The sleek and beautiful D500 goes anywhere you go, bringing along stunning resolution and performance. Packing a lot of power into a smaller camera body thanks to its DX

sensor means you can take advantage of the smaller and lighter DX lenses in the NIKKOR line—and when you're travelling, every ounce counts. The best part is, there's no need to sacrifice image quality to gain portability.

**\$2,399.00 Save \$300**



### Nikon D750 with 24-12mm lens

The D750 offers superior image quality, an effective pixel count of 24.3 megapixels, a new Nikon FX-format CMOS sensor, and the EXPEED 4 image-

processing engine. Whether the user is an advanced enthusiast or seasoned pro in need of a second body, the D750 easily complements any photographic discipline with a pro-caliber capability.

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### Nikkor AF-S DX 18-140mm f3.5-5.6 G ED VR

This lens is a highly versatile all-in-one zoom lens with broad zoom capabilities for outstanding snapshots and videos in nearly any situation.

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### Nikkor AF-S 24-70mm f2.8 E ED VR

With up to four stops of image stabilization, this lens is ready to tackle the challenging light of a wedding ceremony or on-the-spot news, while Tripod Mode helps banish blur for landscape shooters.

**\$2,799.00 Save \$200**

### Nikon Coolpix S33

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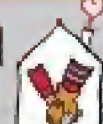
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